Tuesday, October 28, 2014

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

Wednesday's Jackpot
$9,000,000
estimated
LOTTO 649
PLUS A GUARANTEED $1 MILLION PRIZE DRAW

GHOMESHI LAUNCHES $55-MILLION LAWSUIT

FIRED RADIO PERSONALITY MAKES GOOD ON PROMISE TO TAKE BROADCASTER TO COURT, ALLEGING BREACH OF CONFIDENCE, BAD FAITH AND DEFAMATION — BUT IS HE WINNING OR LOSING IN THE COURT OF PUBLIC OPINION? PAGE 10

Heartbreak in Hamilton

Mourners gather to pay their respects to slain soldier Nathan Cirillo as RCMP say they hope to eventually release Zehaf Bibeau video to the public PAGE 9

NEWS WORTH SHARING.

'Building one Toronto'

Tory wins election. City's next mayor vows 'balanced' leadership after scandal-plagued Rob Ford years

John Tory has been elected mayor of Toronto. The Ford era is over.

Tory promised "sensible, competent, accountable" leadership after four years of scandal and upheaval under Rob Ford.

Tory also promised to be a "balanced and accountable leader" after four tumultuous years under Ford.

"Ladies and gentleman, the people have spoken and tonight we begin the work of building one Toronto, a prosperous, fair, respected and caring Toronto," said Tory in a speech at his victory party at the Liberty Grand on Monday.

Metro has six pages of election coverage.

INSIDE...

→ John Tory praises courage of Doug Ford, says Chow will have 'more to contribute': page 2

→ Doug Ford says his family won't give up, vows they'll be back in four years: page 3

→ Olivia Chow tells supporters to 'keep the faith,' urges Tory to tackle poverty: page 3

John Tory reacts on stage after winning the election and becoming the new mayor of Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

NEWS 1

Tory story begins in Toronto

SmartTrack. Mayor-elect may already have Premier Wynne's support for transit plan

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

After four tumultuous years of Rob Ford, John Tory was elected mayor of Toronto on Monday, promising to be a "balanced and accountable leader."

"Ladies and gentleman, the people have spoken and tonight we begin the work of building one Toronto, a prosperous, fair, respected and caring Toronto," said Tory, in a speech at his victory party at the Liberty Grand.

Tory wished Ford good health and congratulated him on his victory — Ford was elected as a councillor in Ward 2-Etobicoke North.

He also thanked Doug Ford, who spent much of his mayoral campaign attacking Tory for his privilege, characterizing him as an elitist who had his accomplishments handed to him on a silver platter.

During the campaign, Tory touted himself as the candidate able to work across partisan line and with the provincial and federal governments.

In his victory speech, Tory repeated his slogan that he would bring Toronto "not left, not right, but forward."

He promised to get right to work to deliver his major campaign plank: SmartTrack, a plan to build frequent two-way rail service on existing rail lines from Mississauga through Toronto's Union Station to Markham, in addition to building a Scarborough subway.

Tory needs the support of the provincial government to implement SmartTrack, since it would run on provincial GO train tracks — and apparently he already has it.

"Hallelujah" was Premier Kathleen Wynne's first reaction to Tory's win, according to Torstar News Service reporters with her on a trade mission to China.

"Congratulations to John. I'm very pleased for him and I look forward to working with him," said Wynne while praising SmartTrack.

It is Tory's first electoral win since his string of losses as the provincial Progressive Conservative leader.

He was elected in the riding of Dufferin-Peel-Wellington-Grey in 2005, after former Ontario Premier Ernie Eves resigned his seat to allow Tory to run, recently after the former Rogers Communications boss had been chosen as the PC leader. But in the following general election, Tory ran at the Don Valley West riding of Toronto and lost. He tried to regain a seat in a subsequent byelection in Haliburton-Kawartha Lakes-Brock, but lost again. He also ran for Mayor of Toronto in 2003 and lost to David Miller.

Tory seemed to reference his previous electoral losses in his speech, when he thanked his wife, Barbara Hackett, he joked she had probably been thinking, "Oh boy, here we go again," when, at times, his chances didn't look so good.

Tory began the race polling far behind Olivia Chow, but pulled ahead in July and remained the leader for the remainder of the campaign.

In his speech, Tory also suggested Olivia Chow will play a role in Toronto's future, saying he suspects she "will have much more to contribute." Tory said Chow's vision of Toronto "appealed to the best in a lot of us" and her personal story is "a true personification of the tremendous potential that is Toronto and Canada.

"That's the Toronto we both want to keep building."

Differences

"We may have disagreed on some of the solutions to our city's challenges, but it does take courage to put your name on any ballot."

Mayor-elect John Tory on Doug Ford

John Tory and his wife Barbara Hackett celebrate his victory at the Liberty Grand on Monday. CENTRAL IMAGE AGENCY/FOR METRO

In droves

Torontonians flooded polling stations across the city.

- **Record turnout.** The highest Toronto has seen in decades — turnout was 60 per cent.
- **Final count.** Tory had over 40 per cent of the votes, Doug Ford had 34 and Olivia Chow had 23.

ATTENTION!
ALL GM OWNERS

General Motors has recalled 25 million vehicles in North America.

If you have been seriously injured or a loved one has been seriously injured or killed in an accident involving a recalled GM vehicle, you may be entitled to significant compensation.

Call 1-844-CLAIM 55 or visit GMrecall.ca
to find out if you qualify for a claim. *Deadline December 31, 2014.*

MCKENZIE LAKE
LAWYERS

Ford more years in four more years?

2018. With the loss of the mayoral seat to Tory the Fords vow to be back next election

Ford Nation

"We did not have deep pockets and we only had six weeks to make up so much ground, but together we have changed the landscape of Toronto."
Doug Ford

MATT ELLIOTT
toronto@metronews.ca

After a night of emotional highs, lows and a bunch of complicated feelings in between, supporters at mayoral candidate Doug Ford's election night party were able to keep the faith by turning their attention to the next mayoral race in 2018.

"Folks, if you know anything about the Ford family we never ever ever give up," said a defiant Mayor Rob Ford after returns showed his brother Doug Ford would not succeed him in the mayor's office. "I guarantee in four more years you're going to see another example of the Ford family never ever ever giving up."

The outgoing mayor, who will stick around as a member of Toronto City Council after winning election in the Ward 2 council race, used his speech at the Woodbine Banquet and Convention Hall in Rexdale to buoy the spirits of an audience that had some trouble accepting that John Tory, and not Doug Ford, would be the new mayor of Toronto.

A handful of supporters, most of whom would not even consider providing their names to reporters, alleged widespread electoral fraud and media bias for Tory's win. When Doug Ford took the podium to give his concession speech, he was greeted with chants of "RECOUNT!" Mention of Tory's victory drew boos on two occasions.

But the message from the Fords themselves stayed more positive, with a clear focus on taking back city hall in 2018.

"We did not have deep pockets and we only had six weeks to make up so much ground, but together we have changed the landscape of Toronto," said Doug Ford in his concession speech, while also giving himself and his brother credit for introducing the "idea of government for the people."

"I will go to sleep tonight knowing that I gave it absolutely everything," said the second-placed finisher.

But it was Rob, not Doug, that was the star in the room. The mayor, now completely bald after going through chemotherapy to treat an aggressive form of cancer, entered the room to sustained cheers.

While promising to take care of his health, he also pledged to "take care of every taxpayer of the city." He said he'd work with Tory on issues like contracting out garbage, while fighting him on any attempt to build light rail lines.

"We today are going to start working for November of 2018. What the exact date will be, I'm not quite sure. October, November — but I know that's going to be a very important date," said Rob Ford.

"I'll continue to fight," he added. "I'm just warming up, trust me."

Doug Ford is consoled by his family after John Tory was declared the winner of the mayor race. He gets a hug from his mother Diane in the basement of the Ford family home on Monday. TORSTAR NEWS SERVICE

After sliding from first to third, Chow stays hopeful

Olivia Chow waves to the crowd after giving a speech. TORSTAR NEWS SERVICE

LUKE SIMCOE
Metro Online

Olivia Chow began her mayoral campaign in first place. She ended in third.

As recently as June, Chow had been polling as high as 38 per cent, 10 points ahead of John Tory. However, her campaign — focused on bus service, child care and affordable housing — lost steam as the 10-month election wore on. The former city councillor and NDP MP was regaining ground ahead of Monday's vote, but it was not enough to hold off a surging Tory and avoid a third-place finish.

In her conciliation speech Monday night, Chow avoided a post-mortem on her campaign. Instead, she implored the mayor-elect to tackle the problem of inequality in Toronto.

"Too many children in this city are going to school hungry," she said in an address aimed at Tory. "Too many people are living in poverty ... and you've been given a chance to do something about it."

Speaking to a diverse crowd, Chow told her downcast supporters to "keep the faith."

"Keep on fighting for what you believe," she said to a round of applause.

Chow took the time to congratulate Doug Ford on his campaign, and wished outgoing Mayor Rob Ford a full recovery from his cancer diagnosis.

She closed her speech by quoting the final words of her late husband, former NDP leader Jack Layton.

"Hope is better than fear," she said. "And it's up to us to make hope happen."

Jennifer Hollett, the former MuchMusic host who sought the federal NDP nomination in Toronto Centre last year, said Chow may have been felled by strategic voting.

"What we were hearing online was that there were people who really loved Olivia but were voting for John Tory because they were afraid of the Fords," she said.

Chow may have lost, but her step-son, Mike Layton, was re-elected in Ward 19 and family friend Joe Cressy won next door in Ward 20.

"It's bittersweet," Hollett said. "Of course we all wanted Olivia to win, but we got a lot of progressive wins in the city tonight."

In an ensuing scrum with reporters, Chow declined to speculate on her future plans, including whether she would seek the leadership of the Ontario NDP.

"I'm not thinking about that right now," Chow said.

Get a Fresh Financial Start
Get Out of Debt Without Bankruptcy Without Loans
SPEAK TO THE Licensed Debt Professionals
FREE CALL 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar, CPA, CA, CIRP, Trustee

Rob Ford cruises to Ward 2 win

Ward results.
Majority of incumbent councillors re-elected

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Rob Ford was re-elected as councillor of Ward 2 in Etobicoke Monday in a landslide, along with the majority of councillors who ran for re-election.

"Folks, if you know anything about the Ford family, we never, ever give up," Ford said in his victory speech. "I guarantee, in four more years, you're going to see another example of the Ford family, never, ever giving up.

"I'll be taking care of my health and I'll be taking care of the voters of Etobicoke North and I'll be taking care of the taxpayers, as I always have."

Ford dropped out of the mayoral race and registered as a council candidate in September, shortly after a tumour was found in his abdomen. He was diagnosed with liposarcoma, a rare, aggressive form of cancer, and had little public presence during his campaign.

Ford soundly defeated challengers including Andray Domise, a financial planner from Rexdale, and Munira Abukar, a director on the Toronto Community Housing Board.

Domise ran a high-profile campaign against Ford, gaining supporters and donations from across the city for being outspoken in his opposition to both Rob and Doug Ford, particularly on matters of race. But it was ultimately not enough to convince Ward 2 voters to unseat Ford, who served the ward for 10 years as a councillor before being elected mayor in 2010.

Almost all of the incumbent councillors who ran again were successful.

However, incumbent John Parker was defeated in Ward 26, Don Valley West, by Jon Burnside, an entrepreneur who was endorsed by mayor-elect John Tory.

Ward 7, York West

Notorious incumbent councillor and Ford supporter Giorgio Mammoliti was re-elected, beating challenger Nick Di Nizio, who was runner-up to Mammoliti in 2010, and community activist Keegan Henry-Mathieu.

During the campaign, police began investigating Mammoliti for accepting $80,000 in gifts received at an event attended by developers and lobbyists. He is also known for claiming that he is the subject of a conspiracy by enemies who tapped his phone and voicing controversial views, including that Parkdale is a "pedophile district" and that electronic dance music events should be banned from city property.

Ward 16, Eglinton-Lawrence

Christin Carmichael Greb won the seat vacated by Karen Stintz when she dropped out of politics after abandoning her mayoral campaign.

She defeated Jean-Pierre Boutros, who had served as Stintz's assistant but opposed the Scarborough subway she supported. Stintz endorsed Greb, who was favoured by the conservative establishment, instead.

Ward 20, Trinity-Spadina

NDP loyalist Joe Cressy won Liberal MP Adam Vaughan's former ward, beating many other challengers including Sarah Thomson, who ran for mayor before dropping out and joining the council race.

Ward 39, Scarborough-Agincourt

Jim Karygiannis, a former Liberal MP who resigned from Parliament to run in the election, won the Scarborough seat vacated by former budget chief Mike Del Grande. He defeated challenger Franco Ng, who had worked as Del Grande's assistant. Del Grande ran for a Toronto Catholic District School Board trusteeship and won.

Ward 4, Etobicoke Centre

John Campbell, a former chair of the Toronto District School Board who nearly unseated Gloria Lindsay Luby in 2010, won in Ward 4 this year after Lindsay Luby decided she will retire from politics at the end of this term.

Ward 3, Etobicoke Centre

Stephen Holyday won the ward formerly represented by his father, Doug Holyday, who served as an Etobicoke politician for over 30 years before retiring this year.

Ward 5, Etobicoke-Lakeshore

Real estate executive Justin Di Ciano won the council seat held by Peter Milczyn before he left municipal politics for Queen's Park. Di Ciano beat Kinga Surma, a former parliamentary assistant for a Conservative MP, who was endorsed by prominent Ontario Tories

Ward 32, Beaches-East York

Mary-Margaret McMahon was re-elected in a hard-fought race against Sandra Bussin, whom McMahon ousted from office in 2010. McMahon faced misogynistic attacks from fringe candidate James Sears throughout the campaign. Sears created an online integrative graphic that invited voters to virtually abuse McMahon.

Ward 40, Scarborough-Agincourt

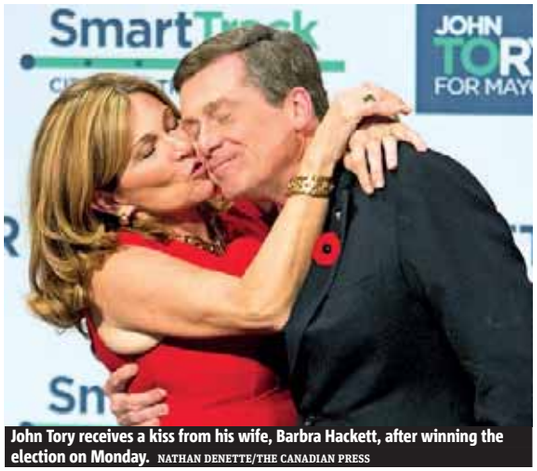
Norm Kelly, who served as deputy mayor and took over many of Rob Ford's duties after the crack-cocaine scandal, was re-elected.

Trustee races of note

- Michael Ford, Rob and Doug's nephew, won his campaign for TDSB school trustee in Ward 1, defeating incumbent John Hastings. Michael had been running for councillor in Ward 2, but dropped out to make way for Rob. Michael refused all media requests and did not speak publicly during the campaign.
- Sam Sotiropolous, a school trustee who became infamous for vociferously opposing nudity at the Pride Parade, complaining on Twitter about "homosexism" and questioning the mental health of transgender people, was defeated by challenger Manna Wong, an assistant to NDP MPP Peter Tabuns.

Rob and Doug Ford at the Ford family home on Monday, where the clan watched the election results. DAVID COOPER/TORSTAR NEWS SERVICE

Possible first steps for John Tory at city hall



John Tory receives a kiss from his wife, Barbra Hackett, after winning the election on Monday. NATHAN DENETTE/THE CANADIAN PRESS

EDWARD KEENAN
toronto@metronews.ca

Mayor-elect John Tory arrives in office with a considerable mandate: drawing strong support all across the city, as he did in drawing the endorsements of every major newspaper and many members of the provincial and federal governments.

He has the wind at his back, and he can be expected to move quickly to try to unite city council and get to work with the upper levels of government to break the traditional logjam at city hall.

"He'll arrive with a strong mandate on fighting traffic, transit and gridlock," said Scott Reid, a CTV political analyst who once worked for Paul Martin. "I'd move on SmartTrack as my first three steps — pass two or three transit- and traffic-related initiatives right away that are concrete, where his campaign has been kind of conceptual."

At the top of his list might be things such as convening his promised road-construction co-ordination panel, and beginning preliminary planning on SmartTrack as soon as possible.

As Reid points out, staffing his office with known professionals and building a citywide council coalition may not be as high priority for him as they would be for other new mayors, simply because he can be expected to do both with little trouble.

However, as an outsider to city hall who's never been on council, he'll do well to bring in at least one or two high-profile senior advisors who know the people, politics and bureaucracy of the place well, to serve as his guides and interpreters.

And he'll want to cement his reputation as a unifying figure at the head of council by reaching out to some members of council's left — who mostly supported Olivia Chow in the campaign and may begin mounting opposition to him right away — to join his team and put some meat on the bones of his vague promises to make social-justice issues a priority.

It's clear that centrist Coun. Jaye Robinson will be an important member of his council team, but bridge-building, left-leaning councillors like Shelley Carroll and Kristyn Wong-Tam could be very valuable allies, if he can win their support.

He'll also want to act in the next few months to nail down firm commitments for dollars or co-operation from the federal and provincial governments, since such a large part of his pitch to voters has been his good relations with them. If he can announce a significant funding commitment for transit or social housing from Prime Minister Stephen Harper or Premier Kathleen Wynne (or both) within his first months in office, he'll cement the reputation for effective diplomacy he's tried to foster.

Most Durham mayors keep their posts

John Henry retained his seat as mayor of Oshawa. TORSTAR NEWS SERVICE

Little changing of the guard. Oshawa's Henry again bests ex-mayor Gray, while incumbents in Clarington, Pickering, Ajax also retain seats

Despite some notable challenges, most of Durham region's incumbent mayors largely secured another term in an election that put regional interests at the forefront.

The race was closely watched in Oshawa, where John Henry held on to the chain of office after once again besting former mayor John Gray. It was a rematch of the 2010 election, when Henry narrowly defeated Gray, who was then the incumbent mayor.

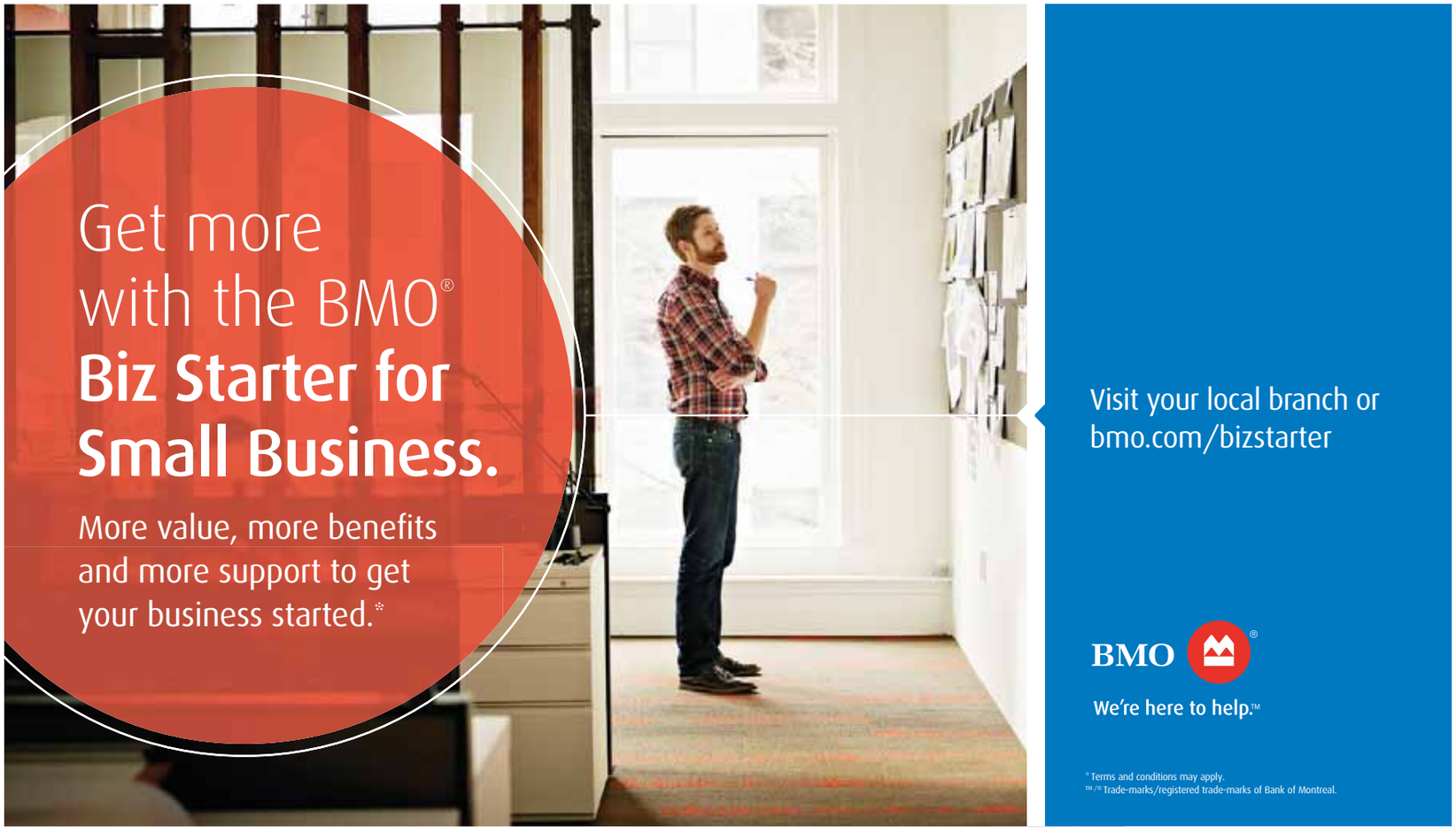
Henry said the result shows that residents "like the changes they see happening in the community."

Whitby residents have chosen Don Mitchell, a regional councillor, as their next mayor. He said his priorities include keeping streets safe amid increasing development and revitalizing downtown Whitby, "which has enormous potential to be a real destination for Durham and beyond."

Mitchell, the only candidate with experience on council, was favoured to win after former Whitby mayor Pat Perkins, now a Conservative MP, resigned in April to run federally.

In Ajax, longtime Mayor Steve Parish will serve another term, while Dave Ryan also remains mayor in Pickering. Among the most hotly contested races was in Clarington, where incumbent Adrian Foster staved off former Progressive Conservative MPP John O'Toole.

Meanwhile, there was an upset in Scugog, where challenger Tom Rowett defeated incumbent Mayor Church Mercier. TORSTAR NEWS SERVICE



No more marathon campaigns in 2018?

Ontario's 10-month municipal election campaigns are "far too long," Municipal Affairs Minister Ted McMeekin said Monday as voters across the province went to the polls to elect new local councils and school boards.

The Liberal government may dramatically shorten the campaign period for municipal elections in time for the next round of voting in 2018, said McMeekin.

"It's the kind of thing that I think we need to reflect on and move on because the existing period now just drags on for far too long," he said.

Federal and provincial election campaigns are four to five weeks long, and municipalities probably don't need 10 full months of campaigning, added McMeekin.

The province will be looking at suggestions from some councillors in Toronto and elsewhere to cut the campaigns about in half, he said, but the province could even shorten them further by having them officially start the day after Labour Day with voting still on the last Monday in October.

"That might be where we go," McMeekin told reporters. "We're going to have to review that and talk obviously with AMO (the Association of Municipalities of Ontario), but that is certainly one area we're looking at."

AMO said it has been pushing for shorter campaign periods since 2009, but still wants them long enough to give new candidates time to become better known and more competitive against incumbents.

"We had suggested moving the opening of nominations to June 1, so that's a four-plus months campaign," said AMO executive director Pat Vanini. "Shorter campaign periods do have an impact on new candidates as opposed to incumbents." THE CANADIAN PRESS

Rules under scrutiny

The Progressive Conservatives want to make sure new election rules allow people running for municipal councils and school boards to raise funds before a campaign starts, which they currently cannot do until they register as candidates.

Municipal Affairs Minister Ted McMeekin TORSTAR NEWS SERVICE

Incumbent mayors sweep Halton Region

Faced with the challenges of growth, gridlock and their own aging infrastructure, Halton Region voters elected to stay the political course on Monday.

They returned the mayors of Oakville, Burlington, Milton and Halton Hills and gave region chair Gary Carr a third mandate, reinforcing the environmental direction of the 905-area communities, where residents are deeply protective of their remaining green spaces.

This will be the third term for Rob Burton, 68, as mayor of Oakville. He ran on a platform of continuity, asking voters to return the same councillors who governed the affluent town for the past four years.

Ann Mulvale, the former six-term mayor Burton defeated in 2006 after a hard-fought battle, victorious in her latest bid to return to town council and regional government with a seat in Ward 5.

In Burlington, Rick Goldring, 57, won a second term on a platform of economic development and renewal of some of the city's aging retail and transit hubs.

In Milton, one of the fastest growing communities in Canada, Gordon Krantz, 77. takes over from Mississauga's retiring Hazel McCallion as the oldest and longest-serving mayor in the region. He was first elected to council in 1965.

"Stability in government's pretty important and we've had it here," he said from his campaign headquarters and home on Friday.

In Halton Hills, Rick Bonnette, mayor for the past 11 years, survived a challenge by Sally Stull. TORSTAR NEWS SERVICE

Public Meetings On Accessibility

Metrolinx, an agency of the Province of Ontario, is helping to transform the way the region moves by championing and delivering mobility solutions for the Greater Toronto and Hamilton Area (GTHA).

You are invited to share your ideas on how Metrolinx and its operating divisions – GO Transit, PRESTO and Union Pearson Express – can make it easier for people with disabilities to travel around our region.

Metrolinx invites you to attend a public information meeting and participate in roundtable discussions.

TORONTO

Date: Wednesday, November 12, 2014
Time: 6:30 p.m. – 9:00 p.m.
Location: Metro Hall, Rooms 308 and 309
55 John Street, Toronto, ON M5V 3C6

Closest GO Transit station:
Union Station – Train or Union Station Bus Terminal
For local transit schedule information, visit Toronto Transit Commission's website at **ttc.ca**.

OAKVILLE

Date: Tuesday, November 25, 2014
Time: 6:30 p.m. – 9:00 p.m.
Location: Oakville Town Hall
Oakville and Trafalgar Rooms
1225 Trafalgar Road, Oakville, ON L6H 0H3

Closest GO Transit station: Oakville GO Station
For local transit schedule information, visit Oakville Transit's website at **oakvilletransit.com**.

WHITBY

Date: Tuesday, November 18, 2014
Time: 6:30 p.m. – 9:00 p.m.
Location: Abilities Centre, Theatre/Multi-Purpose Room (Second Floor)
55 Gordon Street, Whitby, ON L1N 0J2

Closest GO Transit station: Whitby GO Station
For local transit schedule information, visit Durham Region Transit's website at **durhamregiontransit.com**.

RICHMOND HILL

Date: Thursday, December 4, 2014
Time: 6:30 p.m. – 9:00 p.m.
Location: York Region Transit Corporate Learning Centre
50 High Tech Road, Richmond Hill, ON L4B 4N7

Closest GO Transit station: Langstaff GO Station
For local transit schedule information, visit York Region Transit's website at **yrt.ca**.

If you are interested in attending a meeting, please fill out the registration form on our website at **metrolinx.com/accessibility**. If you cannot attend, but have suggestions to contribute, please submit them to the website as well.

Pour plus de renseignements, veuillez composer le 416 202-5987 ou le 1 888 GET ON GO (438-6646) ou consultez metrolinx.com.

www.metrolinx.com
tel: 416-202-5987
toll-free: 1-888-438-6646
TTY: 1-800-387-3652

METROLINX
An agency of the Government of Ontario

Linda Jeffrey resigned as an MPP to run for the Brampton mayor's job.
TORSTAR NEWS SERVICE

Jeffrey wins Brampton mayoralty

Accountability. Former Liberal MPP wins election race, ending Susan Fennell's 14-year tenure as mayor

Linda Jeffrey has been declared mayor of Brampton, ending the 14-year tenure of challenger Susan Fennell and capping a vitriolic campaign that took place against the backdrop of ongoing controversies at city hall.

Jeffrey and challenger John Sanderson made accountability key planks in their platforms, following a series of spending scandals involving Fennell.

This will be Jeffrey's second go-round on Brampton council. She was first elected as a councillor in 1991 and served with Fennell, often butting heads, before Jeffrey won a seat at Queen's Park in 2003.

As an MPP she served on cabinet in Dalton McGuinty's Liberal government. She served as minister of Labour, Natural Resources and Municipal Affairs and Housing.

She said her decision to resign as an MPP and run for the mayor's job was because she was pressured to help clean Brampton up, even admitting recently that she is not fond of municipal politics.

Jeffrey has promised to cut the mayor's pay by about $50,000 and will push for a lobby registry. Jeffrey also focused on equity and inclusion — about 67 per cent of Brampton residents belong to visible minority groups. She's also pledging to bring a university to the city and wants to see all-day two-way GO service to help ease the crippling traffic congestion in and out of the city.

Sanderson had been on Brampton council since 2006, after running his family's waste management business. The Sanderson name is well known throughout the city because of his family's community service — Sanderson was named Brampton's citizen of the year in 2005.

He was one of Fennell's main opponents on council this term, and brought forward the motion for the forensic audit of council spending. His platform focused on incentivizing small, medium and big businesses to set up in Brampton.

Sanderson had also promised regular online expense reporting, a cut to his salary by $50,000 from what Fennell was making and stated he would only serve two terms as mayor.

TORSTAR NEWS SERVICE

Fennell's expenses

Brampton has been consumed by a spending scandal that has rocked the mayor's office.

- **$186,000 over three years.** Fennell's staff listed expenses of $1,300 for Mandarin lessons, $2,100 for personalized barbecue aprons and $1,500 for the orchestra.
- **Credit cards.** Fennell and her staff rang up credit bills totalling $663,000 over seven years.

Olivia Chow leaves the polling centre after casting her vote on Monday. Behind Chow is Sarah Layton, daughter of Jack, with her daughter Beatrice Campbell, 5. RICK MADONIK/TORSTAR NEWS SERVICE

What's next for Olivia Chow?

Election. Chow has a lot to offer Toronto even if it won't be as mayor, observers say, and mayor-elect Tory would be wise to reach out

Olivia Chow's plan to entice developers to deliver 15,000 units of affordable housing over four years was a key component of her campaign to be Toronto's mayor.

Now that Chow has fallen short, there remains an opportunity to use her skills and experience to help make that goal happen, housing advocates say. Mayor-elect John Tory should consider bringing her on board in some capacity in his new administration, they say.

"She's knows her way around city hall, she knows her way around housing," said Michael Shapcott, a veteran housing activist with Prince's Charities Canada.

"She's too valuable to lose at this critical point where we're looking to rebuild rundown neighbourhoods and transform communities throughout the city," he said.

Earlier in the campaign, he met with Tory's people on housing issues and recommended that new talent be brought in to the Toronto Community Housing Corp.

The organization, Canada's largest landlord with 58,500 units, has been "demoralized and destabilized" by turmoil, Shapcott said.

Chow's 14 years as a city councillor have given her experience to serve on city boards such as the transit commission, police services board, Exhibition Place, Build Toronto and others, said veteran councillor Joe Mihevc.

"Frankly, it's a time for the winner to outreach to the loser. There were enough similarities in what John and Olivia were speaking about, that John would be wise to use her talents," Mihevc said.

What's next seems clearer in the case of Doug Ford, the other main candidate who lost, observers say.

Ford wasn't running for re-election to council, saying he looked forward to returning to Chicago to help oversee the family's printing interests. However, his brother's cancer propelled him into the mayor's race Sept. 12, and now that he's lost, he can resume his original plan.

Quoted

"She's too valuable to lose at this critical point where we're looking to rebuild rundown neighbourhoods and transform communities throughout the city."
Michael Shapcott, housing activist

In Chow's case, she has been in politics most of her working life, with the school board, on city council and as a federal member of parliament. "It will be the first time in a really long time that Olivia has a blank slate in front of her," said John Campey, executive director of Social Planning Toronto.

"In a sense, it provides her with enormous opportunity because she's built up a reservoir of connections, reputation and experience that would make her an incredibly valuable asset to a whole range of causes and institutions," Campey said.

TORSTAR NEWS SERVICE

FREE
+
with every flu shot*
Get your flu shot at our pharmacy.
REAL CANADIAN Superstore
big on fresh, low on price.
FW: Ian Ghomeshi legal story
nofrills
lower food prices
*Certain restrictions apply. Immunizations are available when an injection certified pharmacist is on duty, and subject to vaccine availability. Vaccine availability is determined by the Local Public Health Unit in your area. Pharmacists may only administer the publicly funded influenza vaccine to residents of Ontario five years of age and older who hold a valid Ontario Health Card (OHIP card).
®/™ Trademarks of Loblaws Inc. © 2014.

Moving out of suburbia and into the city is Canada's 'new normal': Report

Millennials like this couple are helping to drive the condo-construction boom. Big questions remain, such as, where will they live when they age and have their children? TORSTAR NEWS SERVICE

Worldwide. Millennials — and some of their parents — fuelling boom of urbanization

The surge in city living over suburban living is no longer an "emerging trend" but "the new normal" as millennials — and a growing number of their parents — transform downtown cores across much of Canada at dizzying speed, according to a new report.

That urbanization trend, the shift to living and playing close to work continues to blur the lines between commercial and residential development in downtown cores, fuelling the creation of new office towers and even spurring a resurgence in rental-apartment construction for the first time in decades.

And expect more of the same going forward as developers vie to build more mixed-use projects with retail, office and residential components to meet that demand, says consulting firm PwC (PricewaterhouseCoopers) and the non-profit think-tank Urban Land Institute in their 36th annual Emerging Trends in Real Estate report released Tuesday.

Even in the United States, where urban cores were once virtually hollowed out by the flight to the suburbs, "the 18-hour city" is "coming of age" thanks to mixed-used developments that are extending life on the streets far beyond the traditional 9 to 5, notes the look-ahead for real estate markets through 2015.

"This is a trend that is consistent with what's happening around the world," noted Chris Potter, the head of Canadian real estate tax practice with PwC, in a media briefing.

Demographics and provincial intensification policies, set out in Ontario's 2006 Places to Grow legislation, have definitely accelerated the pace of downtown growth in Toronto, he added. So have concerns about the stress and environment damage caused by long commutes.

Quoted

"This is a trend that is consistent with what's happening around the world."

Chris Potter, head of Canadian real estate practice with PricewaterhouseCoopers

But big questions remain for the future, notes the report: Millennials now helping drive the downtown condo boom are just coming into their child-bearing years in big numbers. Where will they live as they age and have families?

Will they ever be able to afford single-family homes if their baby boomer parents opt in surprisingly high numbers to stay put as they age, only worsening competition and escalating prices for low-rise houses?

Will millennials simply adapt, like generations of young people before them in China, the U.K. and Europe, to raising their children in small, stacked apartments and condominiums? Or will they spend hours on trains each day, just like folks in London, commuting to outlying regions — beyond even the suburbs where they grew up — to find a patch of grass they can afford?

Increasingly, pension funds and real estate income trusts are looking to the next frontier — construction of rental accommodation close to the core to feed demand from millennials increasingly priced out of the ownership market, said Potter.

"We may also see an increase in the number of multi-generational homes in the years to come as a result," the report notes.

TORSTAR NEWS SERVICE

Rick found his lowest price on car insurance, in just a few clicks.

He felt pretty smart after that.

InsuranceHotline.com

The simple way to shop for insurance.

A 'heartbreaking' day in Hamilton

Cpl. Nathan Cirillo.
Visitation held for soldier killed last week in Ottawa shooting

Eighty-two year old Jack Terpstra, from Mount Hope, Ont., wipes tears from his eyes Monday, after 'paying his respects' at the public visitation for Cpl. Nathan Cirillo at the Markey-Dermody Funeral Home in Hamilton. PETER POWER/THE CANADIAN PRESS

A steady stream of mourners took a moment on Monday to pay their respects to the young soldier gunned down last week at the National War Memorial in Ottawa.

Cpl. Nathan Cirillo was standing guard at the monument when he was shot by a man who went on to open fire on Parliament Hill before being taken down in a hail of bullets. The attacks hit particularly hard in Hamilton, the city that Cirillo called home.

Many residents got a chance to express their grief and pay tribute to the 24-year-old reservist at a public visitation held at a funeral home in the city on Monday.

Cirillo lay in full regimental garb, his white-gloved hands crossed on his chest, as two members of his regiment stood guard on either side of his casket.

"I felt shaky and some tears came, but all in all it was a nice moment, it was very peaceful," said Kimberley Kerr, a 16-year-old high school student.

The visitation was also attended by a number of police officers and members of the military in uniform. Capt. Richard Towey, of the Royal Regiment of Canada in Toronto, was among them and described the visitation as "touching and heartbreaking."

A regimental funeral is scheduled for Tuesday, and Cirillo is to be buried in a field of honour at a Hamilton cemetery. THE CANADIAN PRESS

'Someday'

Hope to make Zehaf Bibeau video public: Top Mountie

The country's top Mountie says it's his hope to "someday" release to the public a video left behind by the gunman in last week's attack on the National War Memorial and Parliament Hill.

RCMP Commissioner Bob Paulson says the video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political and ideological motives.

And he says while the video is still being analyzed by police, it's his hope that it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence value," Paulson told a Senate committee. "It will certainly someday be released.... I really am inclined to overcome those challenges and get it released as soon as possible."

Bob Paulson
THE CANADIAN PRESS

In the video, Zehaf Bibeau says he will act in the name of Allah in response to Canada's foreign policy, a source close to the investigation said.
THE CANADIAN PRESS

Moncton shooter targeted Mounties because of 'who they were, what they did': Crown

Justin Bourque was frustrated with his job and wanted to do harm to the oil industry.

Instead, he chose to target police officers because of the badge they wore, killing three Mounties and wounding two others in Moncton, N.B., a sentencing hearing heard Monday.

Crown lawyer Cameron Gunn began laying out his case that Bourque, 24, should have his parole ineligibility set at 75 years while serving a life sentence for three counts of first-degree murder and two counts of attempted murder.

"He targeted them not because of any animosity to them specifically, not for lust or greed or any of the normal things you might see in a murder sentencing," Gunn told the Court of Queen's Bench.

"He targeted them specifically because of who they were, what they did, the badge they carried, the flash on their shoulders, the uniform they wore."

A single conviction for first-degree murder carries a mandatory life sentence and a ban on applying for parole for 25 years. But Gunn is arguing the 25-year parole ineligibility period for each murder conviction should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.

If granted, that would be the harshest sentence in Canada since the last executions in 1962. THE CANADIAN PRESS

ESSENTIAL COMBO

GRILLED RIB EYE
&
A SMOOTH, FRUITY RED

Columbia Crest H3 Cabernet Sauvignon
Washington State, USA
210047
Full-bodied & Smooth
$19.95

Rib Eye with Peppercorn Butter recipe at *vintages.com/food*

VINTAGES ESSENTIALS
Proven favourites. Always available.

LET'S GET LCBO TOGETHER

Available in VINTAGES at many LCBO stores. Prices subject to change without notice.

Ghomeshi's $55M lawsuit against CBC alleges breach of confidence

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking $55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Shortly after that, Ghomeshi posted a long Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

Over several months, Ghomeshi provided CBC representatives with private information, including details of his sexual relationships, according to the suit. The broadcaster "assisted in drafting responses to media enquiries, as well as press releases to be issued on Mr. Ghomeshi's behalf, if it became necessary to do so," the suit says. THE CANADIAN PRESS

Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?

The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

Ghomeshi stickhandles scandal with Facebook

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by The Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around, first of all, his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the crisis, Mann said he is under no illusions the Facebook post was organic.

"It was meant to look very much like he sat down on a laptop and just wrote his thoughts out … but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and "jilted," will do more harm in the long run.

"I would hope Jian and Navigator would reflect on their strategy … If the ramifications are making it unsafe for women to come forward, you really need to think about how you're approaching this.

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side." SHANE GIBSON/METRO IN WINNIPEG WITH FILES FROM LUKE SIMCOE

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

- In 2009, former Ontario attorney general Michael Bryant hired Navigator after an altercation on a Toronto street resulted in the death of cyclist Darcy Allan Sheppard. Bryant was charged with dangerous driving causing death, but the charges were later withdrawn.
- Navigator's chairman is Jaime Watt, a former strategist with the Ontario Progressive Conservative party whose past includes a conviction for fraud.

Modern rape culture

WHY DON'T VICTIMS OF SEX ASSAULT GO TO POLICE?

RUTH DAVENPORT
Metro in Halifax

If a tree falls in the forest and no one files a police report — did it make a sound?

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault. Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

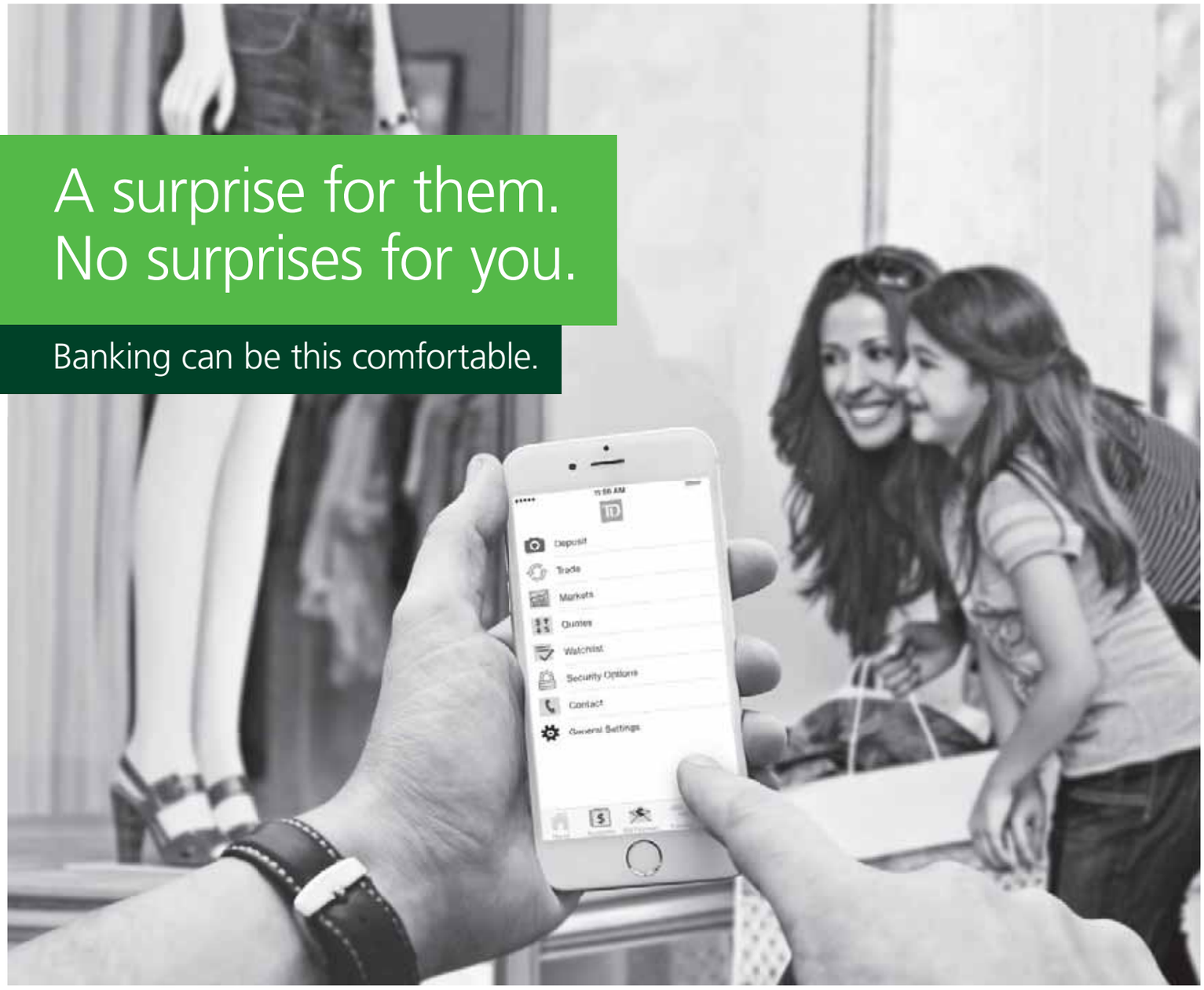
As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men not to rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic. Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut. Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide. Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities being exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.



Take online banking on the go with the TD app.

When you download the TD app, you can securely check your balances almost anywhere, anytime. Which means you can treat your family once in a while without losing sight of your finances. A mini shopping spree? A weekend getaway? We'll leave the fun part up to you.

Download it easily

Download on the App Store

All trade-marks are the property of their respective owners. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Spree of kidnappings leads to doubts about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to comply immediately. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call the ceasefire into question.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on condition of anonymity because they feared retribution.

The insurgents have also launched several attacks since the ceasefire was announced. On Friday, a multinational force including troops from Nigeria and Niger engaged in fierce fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to break the ceasefire. He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made," Wali told a news conference in Abuja, Nigeria's capital. THE ASSOCIATED PRESS

Israel. PM will still build in East Jerusalem

Israel's prime minister pledged Monday to keep building in east Jerusalem, despite stiff international criticism and recent rising tensions between Jews and Arabs in the city.

Earlier in the day, Prime Minister Benjamin Netanyahu's government said it was advancing construction plans to build about 1,000 housing units in east Jerusalem, the part of the city the Palestinians demand for their future state.

Speaking to parliament, Netanyahu defended the stance saying there was a wide consensus in Israel to continue building throughout the city, just as every Israeli government has done since Israel captured east Jerusalem in 1967.

"Even the Palestinians know that these places will stay in Israeli sovereignty under any agreement," he said. THE ASSOCIATED PRESS

1000s of costumes
VISIT FOR MORE STYLES
Seduction
POW!
577 Yonge Street, Toronto | 416-966-6969 | Wellesley Station
OPEN LATE: MONDAY - SATURDAY 10AM - MIDNIGHT SUNDAY 12PM - 10PM

Pistorius case appeal to come

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend.

The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp and, if found guilty on the appeal, a minimum of 15 years in prison.

The 27-year-old double-amputee athlete was acquitted of murder by Judge Thokozile Masipa for shooting Steenkamp multiple times through a toilet cubicle door in his home. He testified he mistook her for a nighttime intruder. Masipa found him guilty instead on a lesser charge comparable to manslaughter.

The NPA said in a statement its decision to appeal was based on a "question of law," meaning it believes that Judge Masipa misapplied the law when she acquitted Pistorius of murder.

Prosecutors must apply initially to Masipa for permission to appeal within 14 days of Pistorius' Oct. 21 sentencing. THE ASSOCIATED PRESS

Oscar Pistorius THEMBA HADEBE/THE ASSOCIATED PRESS, FILE

Ebola

Nurse released from quarantine

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday. THE ASSOCIATED PRESS

Washington state

Shooter invited victims to lunch

A popular student responsible for a shooting at a Washington state high school on Friday invited his victims to lunch by text message, then shot them at their table, investigators said Monday.

Sheriff Ty Trenary said at a news conference that the five students were at a lunch table when they were shot by 15-year-old Jaylen Fryberg. THE ASSOCIATED PRESS

Died in Syrian prison

Doctor killed unlawfully: Jury

The family of a British doctor who died last year in a Syrian prison claimed vindication Monday after a jury determined that he had been unlawfully killed.

The case involves the death of 32-year-old orthopedic surgeon Abbas Khan in December, after he was taken into custody by Syrian authorities. THE ASSOCIATED PRESS

SaskPower CEO resigns amid safety questions

Report. Head of Saskatchewan's power company steps down following concerns over smart-metre fires

The head of Saskatchewan's Crown power company resigned Monday following a report into smart-meter fires that said customer safety wasn't enough of a priority.

Economy Minister Bill Boyd said SaskPower CEO Robert Watson "took responsibility for the problems experienced with this project."

"(He) felt it was time that there was new leadership at SaskPower," said Boyd, who added that Mike Marsh, vice-president of operations, will step into the job for the interim.

Last summer, the province ordered SaskPower to remove more than 100,000 smart meters that had already been installed in homes after at least eight of the devices caught fire in June and July.

Boyd said it was evident for some time that there were problems with the meters.

"There was not enough consideration given to customer safety, the program was rushed and there (were) warning signs that were overlooked. It was clear that there was no one that was in overall charge of the program," the minister said.

THE CANADIAN PRESS

Will you be Crazy in Love with Beyoncé's new exercise clothing line for Topshop?

Beyoncé and her husband Jay Z stand up at halftime in the Champions League soccer match between PSG and Barcelona at the Parc des Princes stadium in Paris in September. Beyoncé announced Monday that she is working with British retailer Topshop to launch an exercise-clothing company, Parkwood TopShop Athletic Ltd. It is a 50-50 joint venture. The clothing line will be available next fall. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

Detroit. Judge set to rule on plan for largest public bankruptcy in U.S. history

The city of Detroit urged a judge on Monday to approve its plan to get out of bankruptcy, calling it a sweeping effort to "solve some really bad problems" by wiping out billions in debt and spending $1.7 billion US on better services in a long-term prescription for the Motor City.

Judge Steven Rhodes will decide next week whether Detroit's plan is fair and feasible in the largest public bankruptcy in U.S. history. Bruce Bennett, an attorney for the city, went through the key points and summarized evidence from a trial that began after Labour Day.

Detroit, which has lost 27 per cent of its population since 2000, can't afford to raise taxes to get more revenue, especially from poor residents, Bennett said. THE ASSOCIATED PRESS

$681M acquisition

Chiquita's deal with two Brazilian companies ripens

Chiquita has sealed a deal to be acquired by two Brazilian companies for about $681 million US, with the U.S.-based banana producer expected to go private by the end of this year or early next. The deal comes just days after shareholders rejected plans to merge with Fyffes, another major banana producer based in Ireland. THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.98¢ (-0.04¢)

TSX
14,469.00 (-74.82)

OIL
$81.00 US (-$0.01)

GOLD
$1,229.30 US (-$2.50)

Natural gas: $3.57 US (-$0.05)
Dow Jones: 16,817.94 (+12.53)

LIFE INSURANCE
Mortgage Insurance/Line of Credit Insurance

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
For Intant QUOTE: VISIT www.henriquesfinancial.com
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	$10	$8	$9	$7	$18	$13
40	$12	$10	$12	$10	$23	$18
45	$16	$12	$19	$13	$33	$22
50	$16	$13	$29	$20	$52	$36
65	$61	$40	$146	$94	$280	$183

Also available: Life Insurance without medicals!
Other Plans: Terms 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPP, Empire Life, Desjardins ...
Pls. Call: Guilroy or Rahul (Henriques Financial Inc.) Tel: 416-898-8889 / 905-282-0800 / 1888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

StorageMart **NOTICE OF SALE** **CALL**
CENTRAL – 416-701-0055 EXT2
GTA WEST – 416-503-0892 EXT2

Friday,November 21st, 2014

Storage-Mart #3007
542 Evans Ave,
Etobicoke, ON. M8W 2V4
Unit #2637 Rolando Ferreira
Unit #3417 Octavia Lavalley-Cooper
Unit #4016 Brett Cresswell
Unit #6115 Paul Smith

Storage-Mart #3008
680 Kipling Ave,
Etobicoke, ON. M8Z 5G3
Unit #1252 Lisa Liska
Unit #4044 Ida Caparelli
Unit #4137 Michael Bonga
Unit #4143 Michael Bonga
Unit #4152 John Duffy
Unit #5052 Michael Bonga
Unit #5053 Michael Bonga

Storage-Mart #3009
110 Guided Crt,
Etobicoke, ON. M9V 4K6
Unit #P80 Attiq-Ur-Rehman Alvi
Unit#A0129 Adly Husein
Unit #A0130 Shanci McCurvin
Unit #D0010 Victor Krysac
Unit #C0025 Richard Woods
Unit #F0104 Markland Manning

Storage-Mart #3012
144 Norseman St,
Etobicoke, ON. M8Z 2R4
Unit # 2033 - Chris Demasi

Storage-Mart #3013
221 Todd Baylis Blvd,
Toronto, ON. M6M 4L2
Unit #1449 Evangeline Dino
Unit #1500 Terrence S Smith
Unit #2033 Osmond Mapp
Unit #2117 Ana Sousa
Unit #2237 Carlos Bartal C Junior
Unit #2321 Luis Zapata Gonzalez
Unit #3358 Giovanni Donalisio
Unit #3427 Fabian St Patrick Hall
Unit #3063 Delroy Walker
Unit #4028 Delrose Eubank
Unit #4014 Arunas Repecka

Storage-Mart #3014
555 Trethewey Dr,
Toronto, ON. M6M 4B8
Unit #B014 Palacios Restoration
Unit #D1004 Lynn Chiblow
Unit #D1073 Miras Pesic
Unit #D2003 Heather Giancoulas
Unit #D2008 Patrice Patrick
Unit #D2083 Francis Benjamin
Unit #D2100 Donnette Black
Unit #D2208 Maria Novo
Unit #D2349 Janice Kienapole
Unit #E1071 David Anderson
Unit #E1131 Nigel Thomas
Unit #E2036 Abdilord Mohamed
Unit #E2058 Romelda Waite
Unit #E2126 Leanne Da Silva
Unit #E2149 Marva Wilson
Unit #E2181 Barrington Gayle
Unit #E2216 David Andrade
Unit #E2217 Shatony Sergeaant
Unit #390 Fastway Towning

Storage-Mart #3017
8929 Weston Rd,
Woodbridge, ON. L4L 1A6
Unit #430/431 - Arlindo Serpa

Storage-Mart #3024
81 Arrow Road,
Toronto, ON. M9M 2L4
Unit #1132 P. Tusa
Unit #2005 R. D'amico
Unit #2079 G. Robinson
Unit #2162 A. Liscombe
Unit #1277 F. Paonessa
Unit #2037 R. Mayer
Unit #2052 S. Reid
Unit #2288 D. Milobara

Storage-Mart #3026
990 Syscon Rd,
Burlington, ON. L7L 5S2
Unit #B0183 Terry L. Kirichenko

Storage-Mart #3028
10345 Keele St,
Maple, ON. L6A 3Y9
Unit #1204 Michael Livingstone
Unit #2145 Julian Natale
Unit #2204 Wendell Roach
Unit #2210 Wendell Roach

Storage-Mart #3032
85 Westney Road,
Ajax, ON. L1S 2C9
Unit #5090 W. Hiller
Unit #9148 C. Bedminister
Unit #7079 N. Hamilton

Storage-Mart #3033
1700 Alliance Road,
Pickering, ON. L1W 3X2
Unit #B29 J. Condo
Unit #C01 S. Campbell
Unit #F36 R. Stolte

Storage-Mart #3034,
996 Farewell Avenue South,
Oshawa, ON. L1H 6N6
Unit #29N M. Chamberlain
Unit #12WC K. Heyworth
Unit #74NA S. Elmgreen

Saturday, November 22nd, 2014

Storage-Mart #3015
120 Wicksteed Ave,
Toronto, ON. M4G 4K7
Unit #2349 Stefan Sylvan
Unit #B1100 Jason Fenn
Unit #3243 Chris Cathcart

Storage-Mart #3018
605 Alden Rd.
Markham, ON. L3R 3L5
Unit #1322 Noel Singh
Unit #2113 Christopher Ball
Unit #2203 Dwane Forrester
Unit #2319 Samina Khan
Unit #2932 Courtney Joncas

Storage-Mart #3021
1776 O'Connor Dr.
Toronto, ON. M4A 1W8
Unit #2236 Lee-Ann Murray
Unit #1227 Janis Gamble

Storage-Mart #3022,
947 Warden Avenue,
Scarborough, ON. M1L 4E3
Unit #2100 P. Attard
Unit #2256 FairChild Construction
Unit #2307 M. Jaber
Unit #1042 R. Harding
Unit #1596 C. Jacko

Storage-Mart #3025
875 Don Mills Rd,
Toronto, ON. M3C 1V9
Unit #1253 Kaheel White
Unit #1308 Maple Leaf Contractors c/o Philip Welsch 1308,
Unit #1703 Arfan Bhatti
Unit #2008 Claire Tanto & Dennis Shallow
Unit #2206/2611 Diamond + Diamond MBG Inc In Trust c/o Anthony Diamond
Unit #2308 Hongbo (Ryan) Dong
Unit #2504 Edward Celis
Unit #2605 Mirela-Lidia Privulescu

Storage-Mart #3030
3429 Kennedy Road,
Scarborough, ON. M1V 4Y3
Unit #3146/3204 M.T. Antazo
Unit #3513 R.T. Ramsey
Unit #3526 Y.J. Liu

Storage-Mart #3031,
4780 Sheppard Avenue East,
Scarborough, ON. M1S 3V6
Unit #2325 N. Douse
Unit #8338 S. Hansell
Unit #8327 J. Santino
Unit #4044 I. Younge
Unit #2399 I. Louie
Unit #4020 KP Home Renovation
Unit #2335/2342 T. Stephenson
Unit # 2208 T. Sivalingam
Unit #2206 B. Antazo

99% OFF FIRST MONTHS RENT* *ON SELECT UNITS

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture, and misc. items. Items will be sold or otherwise disposed of at this site on November 21 & 22, 2014 at approximate times listed by the addresses above to satisfy owner lien in accordance with the Provincial statues. Terms of the sale are CASH ONLY, no cheques will be accepted. All goods are sold in "as is condition". Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call 416-701-0055 Ext 2 for auction times.

THE CASE OF THE FACE AND HOW WE DEBASE

SHE SAYS
Jessica Napier
metronews.ca

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

Metro Bitstrips caption contest

Today's winner: Justin Irby

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

It took 25 years — but the future is finally here

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)

Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

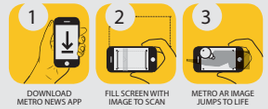
@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

@deankoshelanyk: most public meetings attended on a volunteer basis

SEE THE NEWS COME ALIVE WITH METRO AR

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



metro **Star Media Group President** John Cruickshank• **Vice President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

DVD review

Begin Again

Director. John Carney

Stars. Mark Ruffalo, Keira Knightley

Music has the power to make us want to believe, which is why the blandly titled Begin Again often succeeds in spite of itself.

We want to believe Mark Ruffalo, playing a boozed-up and burned-out talent scout, is transported by the girlish warblings of Keira Knightley.

We want to believe writer-director John Carney can transport the feelings of his 2006 musical romance Once, with it's Oscar-winning song Falling Slowly, from Dublin to New York.

Begin Again is much more calculating than Once, and there may not be a single memorable tune, but there's enough there to make you accept the characters and cheer for them.

Knightley transfers her movie-star charm to her club chanteuse act, while Ruffalo's likable loser routine manages to rise for an encore. Watch them joyously dance together in Times Square to Stevie Wonder's For Once In My Life and you get it.

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana

Be very afraid when you see "inspired by" flash on the screen at the start of Deliver Us From Evil, a not-so-scary supernatural horror movie set in the Bronx. The subject in question is the real-life career of NYPD Sgt. Ralph Sarchie, a retired beat cop and demon chaser. If we actually had more of the sergeant's spark from Eric Bana, who plays Sarchie in the film, then Deliver Us From Evil might not have been DOA. Writer-director Scott Derrickson's efforts amount to just another dumb riff on The Exorcist.

PETER HOWELL

Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series About a Boy. GLOBAL

Minnie has a mother of a run as offbeat mom

Television. Minnie Driver gets maternal in unconventional ways on screens big and small

NED EHRBAR
Metro in Hollywood

Between her work on About a Boy, now in its second season, and in the upcoming film Beyond the Lights, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

It's interesting to see how different the TV show About a Boy is from the film.
I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

The movie was much more of a dramedy.
Definitely, definitely. Our show is a full-on comedy. With a heart!

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to Will and Fiona.
Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going.
I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for Will, all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully. I'd like to be doing it for a long time.

Watch About a Boy

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

And how surprised were you by your younger co-star's sudden voice change?
Oh my God, it was so funny. We laughed, we did laugh, bless his heart. I mean, poor thing, he's just growing up on camera. It's not easy, it's awful. But he's so sweet, he's a great boy.

And in Beyond the Lights, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown.
Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

That same behaviour might be seen differently if it were a father and son in a sports drama.
You're absolutely right. You frame it a different way and it becomes this story of courage and what it is to be a man. I think it is definitely a double standard. It's the way that we look at things. We don't examine what we're teaching our kids in terms of stereotypes and also how to turn things into a positive.

George R.R. Martin draws it out for fans

Books. Game of Thrones creator released an illustrated guide to his fantasy world this week — but it's not enough to satisfy waiting fans

George R.R. Martin's new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, was released this week. THE ASSOCIATED PRESS FILE

George R.R. Martin knows all the signs of Boba Fett Syndrome. Named for the minor Star Wars character who fans demanded to know more about, Boba Fett Syndrome is most acute for any book or film series that has reached a certain level of phenomenon. At that point, minutiae become major.

For Martin, this has meant not just the usual demands for the next A Song of Ice and Fire fantasy novel (don't ask, he's still working on it), but constant letters and emails asking for information on everything from dragons to Aegon Targaryen's war against the Seven Kingdoms.

Martin's new book, released this week, is The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, 300 pages of back story and original artwork by some of the world's top fantasy illustrators. He agreed to the companion volume in 2006 and expected it would take just a couple of years. Naturally, it took longer. He intended to write some brief text to accompany the drawings, but ended up setting down some 300,000 words, more than enough to make his editor's "head explode."

"It was bigger than I anticipated," he said during a recent telephone interview, acknowledging that The World of Ice & Fire might have delayed still further the next Ice and Fire novel. "I start these things that I think won't take much time and they grow and grow."

Martin said The World of Ice & Fire offers material already in the Ice and Fire series; material he has long worked out in his mind and on paper, but had never released; and material he invented entirely for the book, such as the section dedicated to lands on the other side of the Narrow Sea. (Fans of Tyrion Lannister, be advised: Martin includes little about the character he has called his favourite. He's saving that for future books).

Time spent working on The World of Ice & Fire also means time spent on publicity, and on Sunday the resident of Santa Fe, New Mexico came to New York and appeared before hundreds of fans at Manhattan's 92nd Street Y. Dressed all in black — black corduroys, black shirt, and black vest set off by his white hair and beard — he was interviewed on stage by Salon.com critic Laura Miller and responded to written questions from the audience.

Quoted

"I start these things that I think won't take much time and they grow and grow."

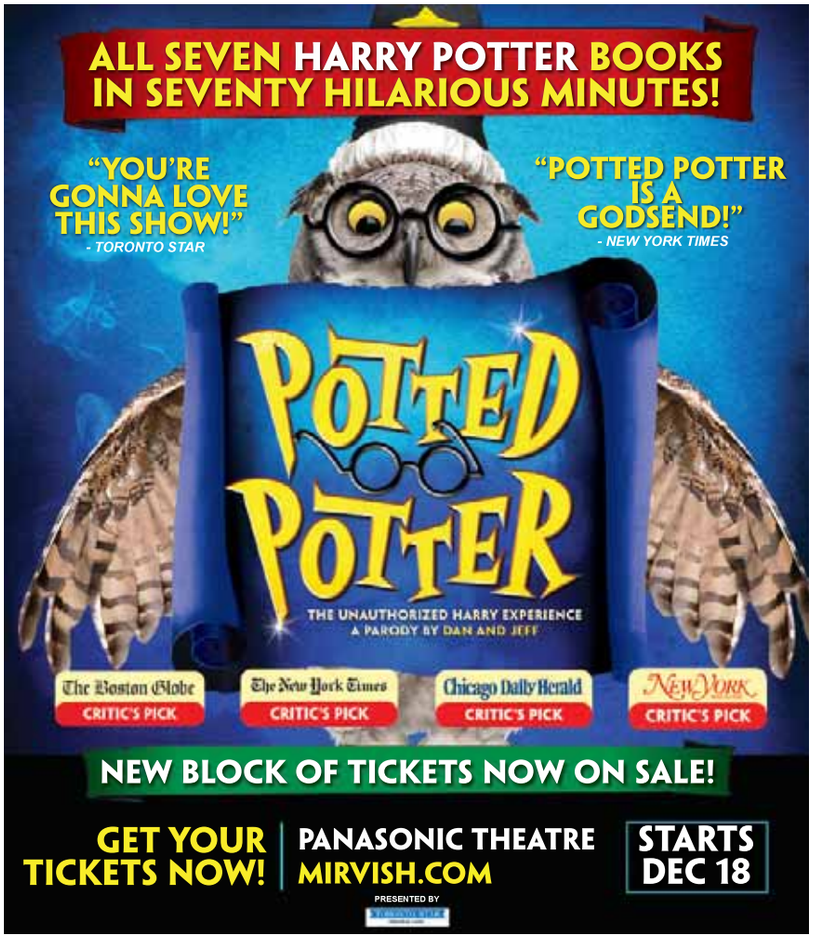
Writer George R.R. Martin, on taking his time with the creative process.

Martin, 66, has completed five of seven planned novels: The most recent, A Dance With Dragons, came out in 2011, the same year the Emmy-winning HBO adaptation Game of Thrones first aired. Martin said Sunday that one challenge is keeping track of so many characters and events spread out over thousands of pages. Like a filmmaker hiring a continuity director, he works with longtime Ice and Fire experts Elio M. Garcia, Jr. and Linda Antonsson, who run the fan site westeros.org and are credited as co-authors of the new book.

"They displayed, right away, an almost obsessive knowledge of my world. In fact, I had to alter my world because of that obsessive knowledge," Martin said, noting that they had caught errors in his work.

A native of Bayonne, N.J., Martin loved comic books and writing as a kid, and by high school had won an award for a superhero story. He has been publishing books since the 1970s and began his Ice and Fire series in the 1990s, intending to write a trilogy.

THE ASSOCIATED PRESS


ALL SEVEN HARRY POTTER BOOKS IN SEVENTY HILARIOUS MINUTES!
"YOU'RE GONNA LOVE THIS SHOW!" - TORONTO STAR
"POTTED POTTER IS A GODSEND!" - NEW YORK TIMES
POTTED POTTER
THE UNAUTHORIZED HARRY EXPERIENCE
A PARODY BY DAN AND JEFF
The Boston Globe CRITIC'S PICK
The New York Times CRITIC'S PICK
Chicago Daily Herald CRITIC'S PICK
New York CRITIC'S PICK
NEW BLOCK OF TICKETS NOW ON SALE!
GET YOUR TICKETS NOW!
PANASONIC THEATRE
MIRVISH.COM
STARTS DEC 18
PRESENTED BY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is a pic with Oprah worth sacrificing a toe or two?

NED EHRBAR
Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

©2014 DISNEY. No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Join us. Tickets on sale now.

harbourfrontcentre.com | Box Office: 416-973-4000 | @WorldStageTO | #artlive

Harbourfront centre worldstage

Site Partners: Canada | Toronto
Programming Partners: Patrimoine canadien Canadian Heritage | Canada Council for the Arts | Conseil des Arts du Canada | Ontario Arts Council | Toronto Arts Council
Corporate Site Partners: WestJet | Natrel
Major Partners: paws way | menkes
Official Suppliers: Labatt | Coca-Cola
Official Hotel: The Westin
Media Partners: OMNI | Toronto Star | metro | Toronto Sun
Media Supporter: CBC
YOU MAKE OUR BEAT

Charitable Registration Number: 10746 6575 RR0003

LIFE

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

VAWN HIMMELSBACH
life@metronews.ca

Last year, 173,000 registered Mo Bros and Sistas across the country raised $33.9 million, with 90 per cent of funds committed to programs. ISTOCK

Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing prostate cancer."

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced a lot of the men who show up at a doctor's office for a prostrate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early, however, it's almost always treatable and survivable. The challenge is getting men to get screened.

Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."

And the winner is...

Movember asked Canadians to submit innovative ideas that aim to disrupt long-held assumptions about men's health. On Oct. 19, the organization announced 15 winners from across the country, which represent a $2.2 million investment in men's health.

- **Winner from Toronto.** Beer League Doctor (Evans Health Lab) is a male-facing initiative that turns the weekly hockey social network into a platform for health "edutainment." The multimedia website will initially focus on helping players become more injury-proof and later develop into a resource with an expanded list of topics such as cancer and sexuality, using humour for difficult subjects.

DO YOU HAVE PANIC DISORDER?

Do you Experience Recurrent Attacks of:

- Sudden, intense anxiety?
- Racing Heart?
- Shortness of breath?
- Sweating?
- Trembling?
- Thoughts of going crazy and losing control?

If so, you may be suffering from PANIC DISORDER.

Dr. Smit Sinha is conducting a research study "The Endogenous Opioid System in Panic Disorder" that involves standard treatment.

Study participation is voluntary.

UHN Toronto General Toronto Western Princess Margaret Toronto Rehab

Please contact (416)-340-3156 for more information.

CROOKED TEETH and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

Do you think you might have Seasonal Affective Disorder (SAD)?

Are you interested in how the seasons change your mood and affect the brain?
You could be eligible to participate in a brain imaging study!

Inclusion criteria:
• Male or female, ages 18-40, in good physical health
• Currently not taking any medication
• Seasonal occurrence of depressive symptoms
(i.e. depressed mood, lack of energy, sleep disturbance)

We will prioritize scan scheduling for SAD participants
Compensation Provided
(Participants will also receive a complimentary picture of their brain scan)

camh

For more information, please call (416) 535-8501 ext.36149

What's behind your bad food decisions?

Studies. There may be scientific reasons why you are making choices that aren't good for you

EVA KIS
Metro in New York City

Food cravings — and not just the pickles-and-ice-cream pregnancy kind — show how little control we feel sometimes when it comes to food.

We've rounded up three new studies that looked at some factors that could be warping our eating habits.

Dip in blood sugar

Craving pizza or planning a snack binge?

A University of Washington study of identical twins raised together (to eliminate genetic and environmental differences in food habits) found that our brain's response to the sight of food appears to be driven by how low our blood sugar level is at the moment.

Twenty-one twin pairs ate from a buffet, then their brains were scanned while looking at images of food.

For the twin who made less satisfying food choices (as measured by blood glucose), the images provoked a stronger mental response.

A bias for high-calorie foods

Everyone knows you shouldn't shop hungry. Not only will you buy more food, but you'll also buy food with higher caloric density.

A new study found that while we're generally bad at estimating the calories even in foods we like, in a simulated auction study participants were willing to bid higher amounts on the higher-calorie foods — suggesting that the brain has an internal calorie counter that prizes such items.

"Earlier studies found that children and adults tend to choose high-calorie food," according to study author Alain Dagher, a neurologist at the Montreal Neurological Institute.

"The easy availability and low cost of high-calorie food has been blamed for the rise in obesity. Their consumption is largely governed by the anticipated effects of these foods."

Perception of value

Want a meal to taste better?

Pay more for it and it will taste better, researchers at the Cornell Food and Brand Lab found.

In the study, 139 diners at an Italian all-you-can-eat buffet were charged either $4 or $8.

They then rated the taste of the pizza and how much they enjoyed the dining experience.

"People set their expectation of taste partially based on the price — and it becomes a self-fulfilling prophecy," says Dr. David Just. "If I didn't pay much, it can't be that good.

"Moreover, each slice is worse than the last. People really ended up regretting choosing the buffet when it was cheap."

Diners who paid the higher price rated the pizza as being 11 per cent tastier. In both situations, diners ate an average of three slices of pizza. The lesson?

"Go to the most expensive buffet you can afford. You'll eat the same amount, but enjoy the experience and the food more!" says co-author Dr. Brian Wansink.

A bias toward high-calorie foods contributes to poor choices. ISTOCK

Don't let hearing loss become a BIG problem...

LAST CHANCE

End your isolation now!

The solution can be this *simple and small*.

You are invited to experience what clear hearing really sounds like. At our annual open house you'll feel the comfort of the sound quality that advanced technology gives you so you can retake control of your life!

Call for a FREE DEMO & TAKE HOME TRIAL!
and receive:
• 3 year warranty
• unlimited follow-up appointments

HEARING AID CENTRAL
OPEN HOUSE
WEDNESDAY NOVEMBER 5TH &
THURSDAY NOVEMBER 6TH

BOOK YOUR SPOT TODAY!
416-551-4327

ACT NOW! and call us quickly as the first ~~15~~ 6 people getting their hearing tested will be entered into a draw to win a dinner for two at the Keg!

HearingAid Central

STEPS FROM DUNDAS WEST SUBWAY STATION
2333 DUNDAS ST. W.
SUITE 304, TORONTO
contact@hearingaidcentral.ca
www.hearingaidcentral.ca

For your phone

Zombies, Run! (Android/ iPhone; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Let the sounds of zombies chasing you motivate your runs with this excellent audio adventure that tracks your performance to gather supplies, make rescues, and prevent you from being eaten.

Keep gossiping! Study says it's good for us

Gossiping inspires us to be stronger and better people, study suggests. AFP

Judging. Research finds positive gossip motivates us, while negative gossip triggers self-protection

Our penchant for gossip is sometimes referred to as the root of all evil, but it can help us adapt to a new social environment, help us improve ourselves and reveal potential threats, according to a new study at the University of Groningen in the Netherlands.

"For example, hearing positive stories about others may be informative, because they suggest ways to improve oneself," says lead researcher Elena Martinescu. "Hearing negative gossip may be flattering, because it suggests that others (the gossip target) may function less well than we do. However, negative gossip may also be threatening to the self, because it suggests a malign social environment in which one may easily fall victim to negative treatments."

In the two-part study, 183 participants were asked to recall a time when they heard gossip, positive or negative. Researchers assessed the gossip, pertaining to how it could affect the receiver in terms of self-improvement, self-promotion or self-protection.

The participants in the second study were asked to pretend they had written a job description presented to them. They then received either negative or positive gossip about another's performance.

The two experiments had similar results: Those who received positive gossip were motivated by someone else's success, and those who received negative gossip showed a desire to protect themselves.

Researchers concluded that gossip isn't so bad after all.

"Receiving gossip about others is a valuable source of knowledge about ourselves, because we implicitly compare ourselves with the people we hear gossip about," says Martinescu. AFP

FAMILY DOCTOR
CURRENTLY ACCEPTING
NEW PATIENTS
BY APPOINTMENT ONLY
MONDAY - FRIDAY 9-5
360 COLLEGE STREET SUITE 303
TORONTO | ONTARIO | M5T 1S6
416.792.5035

WE NEED MALES & FEMALES

Are you a healthy, non-smoking
VASECTOMISED MALE OR POST-MENOPAUSAL OR SURGICALLY STERILE FEMALE 18 AND OVER?

• Free of daily medications?
If so, you may be eligible for our upcoming clinical research study:

• We conduct weekly as well as weekend studies.
• Compensation may range from $1,000 to $4,000 depending on the length of the study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

BioPharma Services Inc.

4000 Weston Road, Toronto • www.biopharmaservices.ca

EARN UP TO $3000!
Are you a Healthy Person between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

• YOU WILL BE PAID upon completion of the study
• Compensation may range from $1000 to $3000 depending on the length of the study

APOTEX ADVANCING GENERICS

Health Solutions

Give leftovers a second life

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I never met a leftover I didn't love. They are simple second suppers that make weeknights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

- Consume within 2-3 days or freeze for 3-5 weeks.
- Reheat only once! If you don't finish that portion, you must throw it out.
- Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

- Have a handful of simple, mildly flavoured entree recipes that can be adapted.
- Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).
- Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with foccacia, olives, tomatoes and cucumber to make a Tuscan salad. You get it.

Flavours

- Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Beef sauce for tonight's pasta is next week's burrito filling

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

This recipe serves eight. THERESA ALBERT

This dish is foolproof and all of the veggies virtually disappear into the sauce since they're grated. Double this batch and store in small containers.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tbsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

1. Brown meat and drain all fat through a strainer, run under hot water.

2. Grate onion, carrots, green pepper, and garlic.

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine and allow to simmer 20 mins, best if over an hour. Stir in flax. THERESA ALBERT

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tbsp of chili powder, serve with roasted vegetables as chili.

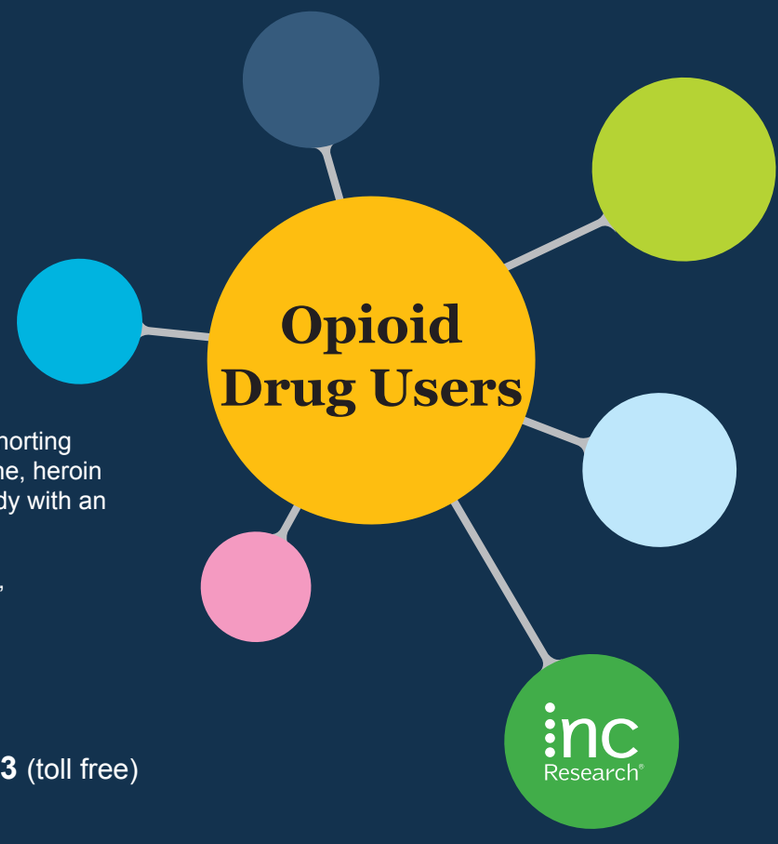
Medicines come in all shapes and sizes
So do our volunteers

Healthy men and women ages 18 to 55 who have experience with snorting (inhaling through the nose) opioid drugs such as morphine, oxycodone, heroin or codeine for recreational use are needed for a clinical research study with an investigational product.

Study consists of one screening visit, one 4-day qualification session, and one 4-day in-clinic treatment period.

Eligible subjects will receive up to $1,915 in financial compensation for participation in this clinical trial.

www.studies4u.com • 416.640.4004 • 1.866.222.8063 (toll free)
720 King Street West, 7th floor (north elevators)



Entrepreneurs encourage diners to give back while gobbling down

Business ideas. Young trio turns dining out into helping out with their Mealshare program

Jeremy Bryant, Andrew Hall and Derek Juno are the founders of Mealshare, a program that sees a meal donated to someone in need each time a diner orders an item with the Mealshare logo next to it at a partner restaurant.
BREANNE SICH/MEALSHARE

The next time you dine out, you could also do a good deed by providing a meal for someone else.

With Mealshare, every time a patron picks an item branded with the organization's logo from the menu of a participating restaurant, money is donated to charity.

Three young men from western Canada are the brains behind Mealshare, which launched in July 2013 with four partner restaurants. The organization has expanded to 84 partner restaurants in seven cities across the country. Nearly 114,000 meals have been served.

"Mealshare really is very, very simple at its core, and really what it is is a buy-one, give-one concept and I really do think that's why it's been having so much success ... because customers can completely understand the concept and the promise we give our restaurant partners and their customers which is, 'You see this meal in front of you, you're having this amazing experience and ... I know just because I picked the particular item off the menu that had a specific logo someone else is getting a meal as well.' That tangibility of that one for one is really apparent," said Derek Juno, vice-president of development for Mealshare.

There is no added cost to the customer. The restaurant contributes a small amount (about $1) for every Mealshare item ordered to the organization. Customers receive a thank-you card embedded with seeds that can be planted in a garden or windowsill pot.

Co-founders Andrew Hall and Jeremy Bryant were working at multinational consulting and accounting firms and wanted to do more to give back to those less fortunate. Meanwhile, Juno, who met Hall in business school, travelled for eight months in southeast Asia in 2012, where he spent some time teaching English at an orphanage and school in Cambodia.

He too had been casting about for a way to provide financial sustainability for the organization he'd been working for. As their idea was percolating, "we soon found out that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things," said Juno, who worked on the initiative full-time upon his return to Vancouver from travelling. Fellow Vancouverite Hall and Edmonton-based Bryant quit their well-paying jobs to pursue Mealshare.

Juno acknowledged that for quite some time the initiative was a labour of love for the three 25-year-olds.

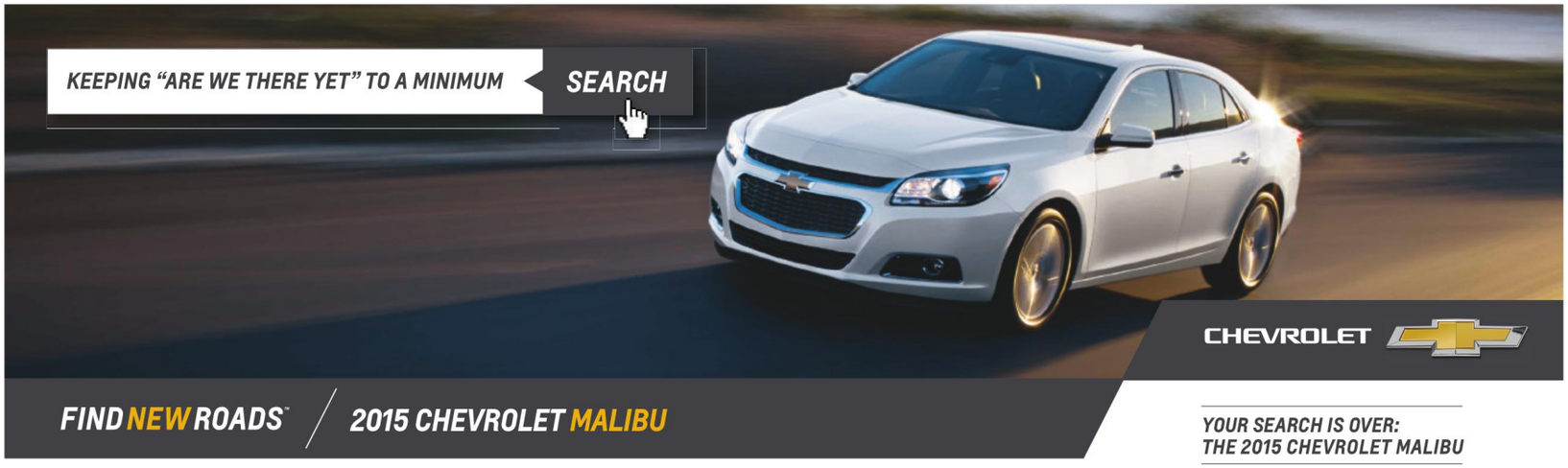
"We were doing it on a volunteer basis for about seven months and then we started taking a small honorarium just to keep the lights on and we've been really, really lucky that we've had so much support over the last 15 months that we've been able to grow really, really quickly."

THE CANADIAN PRESS

Chew on this

"We soon found out that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things."

Derek Juno
Co-founder of Mealshare



FIND NEW ROADS™ / 2015 CHEVROLET MALIBU

MALIBU LS STARTING FROM $19,995** INCLUDES FREIGHT, PDI, LEVIES & $6,695 CASH CREDIT.**

STEP-UP TO THE MALIBU LT $148 BIWEEKLY AT 0.5% LEASE FOR 48 MONTHS.* INCLUDES FREIGHT, PDI & LEVIES.

STANDARD FULLY EQUIPPED:
- ONSTAR® 4G LTE WIFI
- FUEL SAVING START/STOP TECHNOLOGY
- AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- POWER WINDOWS, LOCKS & MIRRORS
- 10 STANDARD AIRBAGS
- 16" ALUMINUM WHEELS
- BLUETOOTH®

CHEVROLET SIGN&DRIVE LEASE*
$0 DOWN PAYMENT
$0 FIRST MONTH'S PAYMENT
$0 SECURITY DEPOSIT
$0 DUE AT DELIVERY

ALL 2015s COME WITH CHEVROLET COMPLETE CARE: 2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / 5 YEARS/160,000 KM POWERTRAIN WARRANTY▲ / 5 YEARS/160,000 KM ROADSIDE ASSISTANCE▲

FALL BONUS
ALL OWNERS OF ANY '99MY OR NEWER VEHICLE RECEIVE AN ADDITIONAL $750∞

YOUR SEARCH IS OVER: THE 2015 CHEVROLET MALIBU

WITH ONSTAR® 4G LTE WIFI.

Real life doesn't have an option to turn down the volume, but this might be the next best thing. With standard OnStar® 4G LTE WiFi and support for up to 7 devices, its state-of-the-art design isn't the only reason road trips in the Malibu are exceptionally quiet.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. **Offer applies to the purchase of 2015 Chevrolet Malibu LS 1LS. ▼Based on a 48 month lease for 2015 Chevrolet Malibu LT 1LT. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Biweekly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $15,395. Option to purchase at lease end is $10,292. Excess wear and tear and km charges not included. Other lease options available. ◆◆$6,695 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Malibu LS and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. **/▼/◆◆/***Freight & PDI ($1,650/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Requires compatible mobile device, active OnStar service and date plan. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on certain vehicles and in select markets. Customers will be able to access this service only if they accept the OnStar User Terms and Privacy Statement (including software terms). ®Bluetooth is a registered trademark of Bluetooth SIG Inc. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. *Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from October 1, 2014 through October 31, 2014 of a new eligible 2015 model. General Motors of Canada will pay one month's lease payment or two biweekly lease payments as defined on the lease agreement (inclusive of taxes and any applicable pro-rata amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence, and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details.

The stress you suppress while aiming to impress

Career advice. Gaining confidence at your workplace takes work

LAKSHMI GANDHI
Metro in New York City

Remember that if you're upfront about your workload limits, colleagues may react with respect rather than disappointment. ISTOCK

It's a problem most women frequently encounter at work — you're overwhelmed with projects, but unable to put your foot down and say "No" to even more work.

"The disease to please is the number one issue that women have," says Shelley Zallis, the CEO & founder of The Ipsos Girls' Lounge, a networking space for women. "We never want to say what we want, and we sacrifice being honest."

Zallis says that she created the Girls' Lounge to help women break out of the restricting belief women have to always be accommodating. She offers these tips for women looking to change the way they approach work.

Breaking the apology habit takes practice

"If we keep apologizing, we become just like everyone else," says Zallis. Part of the reason women tend to over-apologize, she says, is because of the inflexible nature of most workplaces. "We need to go from a culture of rigidity to a culture of caring," she notes. "If we conform to a norm that never worked, shame on us."

Build up your confidence

"Know that you matter," Zallis advises. "We're not bossy, we are confident and confidence is knowledge." Women in particular, she says, should take the time to learn from one another. "Use your powers to share," says Zallis. "By having a support network, you're energizing yourself."

Don't hold yourself back

A big part of building confidence, says Zallis, is learning how to be true to yourself. "What makes you special?" she asks. "Embrace it." It's also important to not let the little details stop you from moving forward. "It's your life," she says. "We have to redefine perfection as being the best thing."

GET YOUR CAREER STARTED
Scan here for opportunities
Construction Electrical Mechanical Estimator
Construction & Maintenance Electrician
Appliance Service Technician
Construction Office Manager
Network Cabling Technician
HVAC Technician
Gas Technician
Carpentry
Plumbing
Call Now to Register
1-800-728-0137
or visit
www.trades4u.ca
Not all programs available at all campuses
Pre-Apprenticeship Training Institute
Financial assistance may be available for those who qualify

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

HERZING COLLEGE
Put yourself in high demand with a career in
POLICE FOUNDATIONS
1.800.NEW.CAREER
1.800.(639.2273)
Workshops October 29th
FREE POLICE FOUNDATIONS WORKSHOPS
WHEN? Wednesday, October 29th, 6:00 pm to 7:30 pm
WHERE? Herzing College, Eaton Centre Campus
WHAT? 6:00 – 6:30 pm, Fingerprinting
How to develop & lift prints using black & magnetic powder
6:30 – 7:00 pm, Officer Safety
Defense Tactics, Weapon retention, Verbal Judo
7:00 – 7:30 pm, Courtroom Testimony
Courtroom etiquette, How to testify, Testimony exercise
Instructor has 20 years service with Toronto Police
SEATING IS LIMITED!
CALL TODAY TO RESERVE YOUR SEAT!
www.herzing.ca Toronto Eaton Centre Campus

Be Job Ready In 5 - 12 Months!
Financial Assistance May be Available to Those Who Qualify.
Second Career Training Funding Available to Those Who Qualify.
The government provides qualified candidates with education funding to train them for a better career. The grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you qualify!
Healthcare
• Personal Support Worker*
• Medical Office Assistant*
• Medical Office Assistant with Health Unit Coordinator Specialty*
• Community Service Worker*
*with Internship
Law
• Paralegal* Accredited by LSUC
• Law Clerk*
• Immigration Consultant* Accredited by ICCRC
*with Internship
Information Technology
• Network Administrator
• PC Support Specialist
• Computer Service Technician
Accounting & Business
• Accounting and Payroll
• Business Administration
• Project Administrator
• Administrative Assistant
• Computerized Accounting
We Speak Your Language - Career Consultation Provided In: English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي
FREE English Classes
Academy of Learning College
Bay/Bloor Campus
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
INFO@AOLTORONTO.COM
Downtown Toronto (Bay/Bloor)
1255 Bay Street • Suite 600
Toronto, ON • M5R 2A9

Raptors shoulder great expectations

NBA. Canada's team tasked with building on success achieved from a season ago

Thousands of fans packed Maple Leaf Square, the general manager dropped an F-bomb, Drake became the team's biggest cheerleader and "We the North" flags flew across the city. The images of last season's thrilling success were unlike any other for the Toronto Raptors.

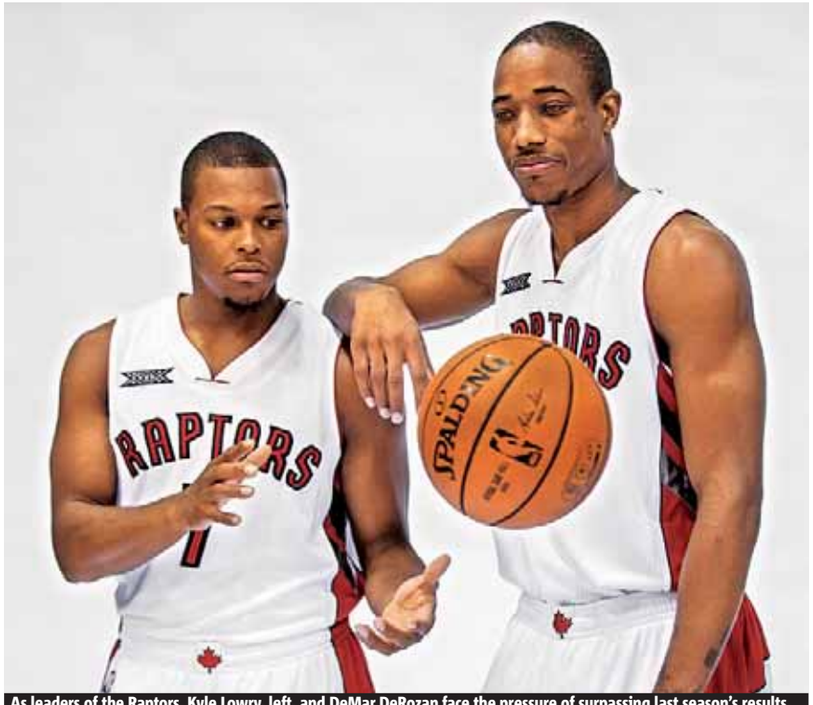
Now they have to figure out how to do it one better.

The Raptors carry lofty expectations into their 20th NBA season when they host the Atlanta Hawks in their opener Wednesday.

"This is the first time since this organization — even before I got here — had heightened expectations, and I think that's a good thing," said coach Dwane Casey. "It's something we've got to embrace, we've got to take it and run with it because it's going to be there.

"There's no pressure, it's good pressure. We're defending division champions and we have to go out every night and play like it."

The Raptors won a franchise-record 48 games last season and claimed the Atlantic Division title for just the second time. They paced the Brooklyn Nets through a thrilling first-round playoff run that ended in heartbreak when Paul Pierce blocked Kyle Lowry's shot on the final play of Game 7.



As leaders of the Raptors, Kyle Lowry, left, and DeMar DeRozan face the pressure of surpassing last season's results.
BERNARD WEIL/TORSTAR NEWS SERVICE

The bitter ending played out in the Raptors' minds long into the off-season and they've been eager to get back on the court to erase the disappointment.

"I think about it all the time because we're going to need that to feed off of, honestly, and understand how bad that hurt, that feeling of losing Game 7 and coming so close, losing by one point," said DeMar DeRozan. "We've got to ... have that hunger and that edge to do the same thing all over again this year."

The Raptors don't see any reason why they can't. Everyone is back from last season. General manager Masai Ujiri completed the biggest piece of the puzzle when he signed point guard Lowry to a new four-year, $48-million US contract.

Not only do Lowry and DeRozan provide the Raptors with one of the best backcourts in the Eastern Conference, continuity is everything, the players say.

"We're going to hold ourselves to a higher standard this year," said forward Patrick Patterson.

"We see the goals, we know what we can achieve and we feel like if we work hard, play hard, come together, then anything is possible."

THE CANADIAN PRESS

Celebrating 20 years

Raptors fans can expect a big hit of nostalgia at the this year, as the team plays its 20th season.

- During eight retro nights, the Raptors will bring back former players — including Antonio Davis, Morris Peterson, Charles Oakley and Damon Stoudamire — and wear old-school uniforms during the games.

Damon Stoudamire circa 1995
GETTY IMAGES

Tag-team effort

Barring another injury like last October's torn Achilles tendon, the Raptor will be back in all his prank-playing, somersaulting, dunking glory.

- Stripes, who was the Raptor's injury replacement last season, will be back. When not performing on court with the Raptor, he'll be in the upper bowl, cavorting with fans.

TORSTAR NEWS SERVICE

The Raptor
TORSTAR NEWS SERVICE

ATTENTION!
ALL GM OWNERS

General Motors has recalled 25 million vehicles in North America.

If you have been seriously injured or a loved one has been seriously injured or killed in an accident involving a recalled GM vehicle, you may be entitled to significant compensation.

Call 1-844-CLAIM 55 or visit GMrecall.ca
to find out if you qualify for a claim. *Deadline December 31, 2014.*

MCKENZIE LAKE
LAWYERS

Head coach Randy Carlyle and the Toronto Maple Leafs have gone 1-4-0 in five games at Air Canada Centre so far this season. NATHAN DENETTE/THE CANADIAN PRESS

NHL. Leafs losing battle 'between the ears': Carlyle

Head coach Randy Carlyle has a pretty good idea about what's ailing the Toronto Maple Leafs at home.

"To me, it's mental and that's the operative word that I used in my speaking to (the players)," Carlyle said after Monday's practice. "The issues we have (are) about being strong between the ears."

Toronto dropped to 1-4-0 at the Air Canada Centre after losing a 4-1 decision there Saturday night to the Boston Bruins.

"I think the passion, compete, the relentlessness, the desire — all those are things that have to come on display, night in, night out," Carlyle said. "When you get away from playing with any kind of structure, you start circling and not stopping and doing that, it just multiplies."

On Monday, Carlyle mixed up his line combinations, adding Phil Kessel to the right side of centre Nazem Kadri with Joffrey Lupul on the other wing. Centre Tyler Bozak was between James van Riemsdyk and David Clarkson while Daniel Winnik dropped down to play with Leo Komarov and Mike Santorelli.

"We're not playing our best so obviously they're going to change things up," said Bozak. "We had a rough game as a team last game so we've got to try and spark something here and get back in the win column."

Toronto (3-4-1) hosts Buffalo (2-7-0) on Tuesday with the Sabres coming off a surprising 2-1 win over the San Jose Sharks on Saturday night.

THE CANADIAN PRESS

Early but urgent

"There is a lot of time left, it's not like we're making our playoff push right now but we've certainly got to get things figured out." Leafs centre Nazem Kadri

TFC take care of aches after painful season

MLS. Bradley in New York for surgery, Defoe to see German specialist after failing to lead Toronto FC into first-ever playoff appearance

Jermain Defoe led Toronto with 11 goals in 19 games and TFC never lost (6-0-2) a game in which he scored. But he did not score in the last half of the season, missing 11 of 17 outings through injury and one through suspension. CHRIS YOUNG/THE CANADIAN PRESS

Michael Bradley is scheduled for surgery Tuesday and fellow Toronto FC star Jermain Defoe may have to follow.

Both are back in their home countries for medical attention and will miss the MLS club's end-of-season player availability Tuesday.

Toronto general manager Tim Bezbatchenko said Defoe left for England on Sunday in order to meet a German specialist about his nagging groin injury. If surgery is required, the decision will be made over the next couple of days in consultation with the club.

Bradley, meanwhile, is in New York for a procedure to correct a season-long nerve issue with his foot. The 27-year-old U.S. international has played through pain this season.

"They want to do it as soon as they possibly can so they can get back on the pitch," Bezbatchenko said of Bradley and Defoe.

While Toronto's season is over, the players continue to train in town this week with exit meetings planned for the end of the week and early next week.

Bradley is expected back by then. Bezbatchenko said the conversation with Defoe will either take place in person or via phone.

"This happened last year with a couple (of) players," he said. "Sometimes you have to have a phone conversation because that's just life."

Toronto turned down a club-record bid for the English striker at the end of the summer transfer window, leading to speculation that he might leave when the next window opens in January.

"At this point, he's still a TFC player," said Bezbatchenko. "We need to first get over his injury, then we'll sit down and talk to the player and figure out what his desires and goals are and see if they match with our club.

"Obviously we only want players that want to be here. Jermain's never said he hasn't wanted to be here. So until that happens, Jermain is here and we want him to be here. Because he's proven to be a prolific scorer in this league and after you have one year under your belt, we've seen other players come back and do even more damage in the second year. Until otherwise, that's going to be our plan."

THE CANADIAN PRESS

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

MONEY PROBLEMS?™
Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com
gta credit™
North York (416) 650-1100
Scarborough (416) 754-0011
Mississauga (905) 275-4200
Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100
Toronto Downtown (416) 489-2000
Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

LOWEST RATES for bad credit loans since1984
What would you do with $20,000?
PFS
✓College tuition?
✓Home Renovation?
✓Wedding?
You decide.
Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from Prudent Financial*
416-634-2013 BorrowWithYourCar.com
*Call for details and conditions

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE Consultation - Evening Appointments - Flexible Payments
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
Head Office: Rexdale, others non-resident

CREDIT PROBLEMS?
REDUCE YOUR DEBTS & SLEEP LIKE A BABY
Reduce your debts up to 80%
EMPIREONE
Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest
BBB ACCREDITED BUSINESS
416.900.2324
WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
www.empireonecredit.com
SCARBOROUGH 250 Consumers Rd. Suite 810
NORTH YORK 1111 Finch Ave. W. Suite 203
OSHAWA 299 Simcoe St. South
MISSISSAUGA 165 Dundas Ave. W. Suite 701

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

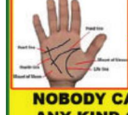
metro
THE HANDY POCKET VERSION!
Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

PSYCHIC

World Famous Spiritualist
Pandit: BHAVANI SHANKAR

He can Handle Impossible Problems
He can Solve all Problems
Marriage, Love, Education
Kids, Health, Job, Business, Court,
Money, Sexual, Divorce, Enemy
Family Prob., Property Etc
100% Guaranteed Results
All Religions Welcomed
Removes Black Magic,Witchcraft,Evil Spirit, Obeya, Bad Luck,Jadoo & Gives 100% Life-Long Protection
647-739-7159
5010 Steeles Ave.W Etobicoke, M9V 5C6
Inside Dollar+More, Next to Udayas
KIPLING & STEELES

Psychic & Astrologer
Pandit: BALAJI

By Reading Palm, Face, Picture etc...
I am here to HELP you.If you have any IMPOSSIBLE problems, I can SOLVE them and Give LIFE-LONG Protection.
This is my Generation's power. PRIVATE & CONFIDENTIAL
NOBODY CAN BREAK MY WORK, ITS MY CHALLENGE.
ANY KIND OF BLACK MAGIC REMOVED IN 24 HOURS.
TREATS VODOO, OBEYA, EVIL SPELLS GIVES PROTECTION
212A Queen St. East, Brampton L6V 1B7 647-924-7063,
Queen st. & Kennedy Rd., Above "Cash & Money" 647-855-0966

World Famous Astrologer
Pandit: KESHAV MURTHY
He solves your all problems
Marriage,Business, Job,Enemy
Family, Children, Health,Love
Depression, Court, Sexual Etc
I CAN HANDLE ALL PROBLEMS
I will Remove Black Magic, Evil Spirit, Bad Luck,Evil Eyes, Jealousy & any Problem.
647-532-7199
3932B Keele St. North York (Opp CIBC Bank)

STAR ASTROLOGICAL CENTER
Pandit: SAHDEVO GURU
Solves Problems related to Love, Children, Business, Job, Money Health, Family, Depression, Etc
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft
HE CAN HANDLE ANY PROBLEM
416-303-3439
67A Dundas St. W, Mississauga, Royal Jewellers Upstairs, DUNDAS & HWY 10

Spiritualist & Astrologer
Pandit: GURU LAXMAN
PRIEST, ADIVASI & TRIBAL CHIEF
He can Handle any Problem:
Depression, Family, Husband-Wife, Love, Kids, Jealousy, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO
EVIL SPIRITS & GIVES 100% PROTECTION
647-764-4515
2895 Derry Rd E (Airport & Derry)

Psychic Mr GANESH
Indian Psychic
Helps Bring Back Loved ones. Solves all Problems like Job, Family, Health, Marriage, Kids Court, Business,Husband-Wife Depression etc. 100% GUARANTEE
Removes Black Magic, Voodoo,Bad Curse, Buttu, Evil Eyes & Gives 100% Protection
647-739-8222
Kennedy & Lawrence

Sri Gayatri Devi Astrologer
Pandit: SHIV SHANKAR
Solves all Problems
Love * Marriage * Kids Education * Business* Job Money * Health * Sexual Family Prob * Enemy*Court
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
647-657-7309
3060A Hurontario St. Mississauga L5A 2G9 (Hwy10 & Dundas)

SRI RAGHAVENDRA ASTROLOGICAL BUREAU
Pandit: Ravi Shankar
Face, Planet, Palm, Horoscope & Vastu
Solution to all Kinds of Problems
Removes Black Magic, Evils Spells, & Spirits
Voodoo, Obeya, Katteri
Pilli Soonyam & Kaki Soonyam
HE GIVES 110 YEARS LIFE LONG PROTECTION
647-924-7249 / 647-764-9199
7086 #7A Airport Rd, Mississauga (AIRPORT & DERRY) Airport Rd N

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus
April 21 - May 21
Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini
May 22 - June 21
You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer
June 22 - July 23
Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo
July 24 - Aug. 23
A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo
Aug. 24 - Sept. 23
Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra
Sept. 24 - Oct. 23
You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio
Oct. 24 - Nov. 22
A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

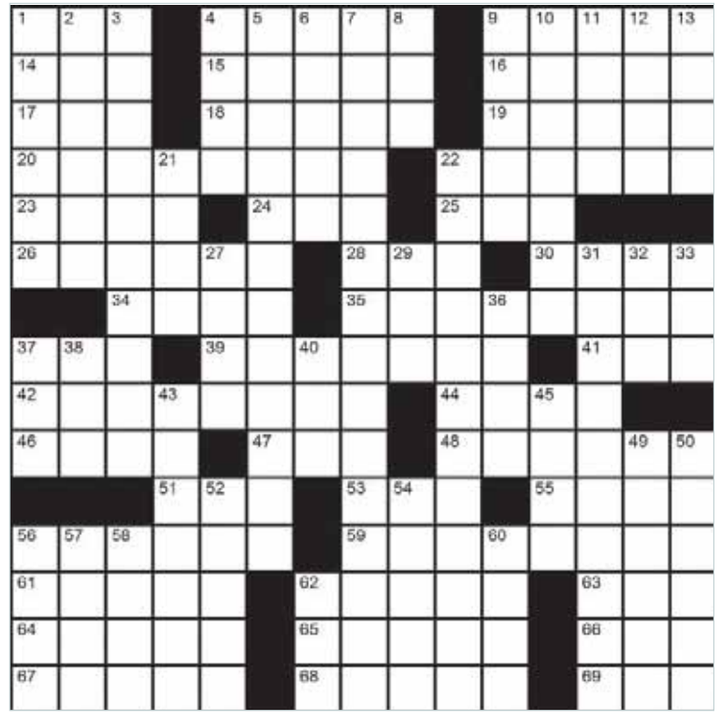
♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn
Dec. 22 - Jan. 20
You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius
Jan. 21 - Feb. 19
Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces
Feb. 20 - March 20
Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

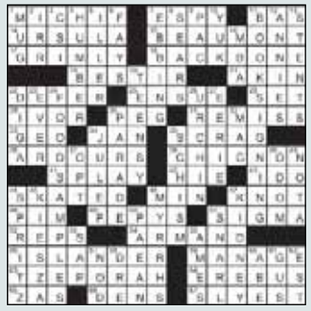
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "Chicago Fire" station
4. Instants
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going __..."
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La __ en Rose" by Edith Piaf
42. People from Halifax's province, Nova __
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother
55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's
63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "__, '_' does."
67. Church songs
68. Brazilian author, Jorge __
69. Economic fig.

Down
1. Fairly close: 2 wds.
2. Ms. Shields
3. Adam __, #43-Down's character on '80s soap "Dynasty"
4. B.C.-mined stone
5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly
9. Shaggy's dog, for short
10. Gig from a placement agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, __ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Launder
57. Creative
58. Space
60. "This __ __ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Conceptis SudoKu By Dave Green

9		8						
	4		6			3		
2				7			8	
	3			6	2			
		7	3	4	1	8		
			7	8			1	
	5			9				6
		2			5		4	
						1		8

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

@metrotoronto
metro

Your opinion matters!
Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.
Go to metronews.ca/panel and join today
metro

DISCOVER A TRUE SENSE OF HOME IN THE HEART OF THE UPPER BEACH

PRESENTATION CENTRE NOW OPEN / 1089 KINGSTON RD

1–3 BEDROOM HOMES FROM THE LOW $300,000'S

Kingston&Co offers the pleasures of home with the delightful convenience of a condominium. You will find large, bright spaces for entertaining friends and family, luxurious amenities such as a fitness room, a workshop and a rooftop terrace with spaces for gardening. Steps away is Kingston Road Village, one of Toronto's most walkable neighbourhoods, brimming with shops and cafés and just minutes from the Beach. Discover it first.

KINGSTON & Co

CONDOMINIUMS

REGISTER NOW AT
KINGSTONANDCO.CA / 647.558.5500

tas Shaping Beautiful Cities
www.tasdesignbuild.com

MAIN

Specifications are subject to change without notice. Exclusive Listing Agent, Paul Johnston | Unique Urban Homes, Salesperson, Right at Home Realty Inc Brokerage. Brokers are protected. E. & O.E. Illustrations are artistic impressions.